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THE *PORTUGAL* News

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**PUZZLE
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Portugal braces for 'biggest strike ever'

The industrial action planned for next Wednesday is forecast in many quarters to result in the biggest strike by workers Portugal has witnessed and cost millions in lost revenue. (See Page 4)

McCann family to publish Madeleine book

Representatives of the parents of missing British girl Madeleine McCann have revealed this week that a book describing their ordeal since the disappearance of their daughter will be published next spring. (See Page 5)

Groundforce abandons Faro Airport

Portugal's largest handling company Groundforce has suddenly terminated its operations in Faro after collectively firing 300-plus employees at the airport, reportedly by email, in a sacrificial bid to reduce losses and save thousands of other jobs. (See Page 8)

Unemployment hits record high

Portugal's unemployment rate reached 10.9% in the third quarter of the year, and over 600,000 Portuguese are now unemployed, a record high, according to data released by the National Statistics Agency. (See Page 10)

Portugal hammer Spain

Portugal have beaten world and European champions Spain by four unanswered goals. (See Page 64)

Weekend weather

Lisbon: After a rainy start to the weekend, the weather will clear up with Sunday being the pick of the best weather. Rain will make a return on Tuesday with some heavy rain forecast.

Algarve: After a cloudy but rain-free weekend, heavy rain is predicted to make a return on Tuesday evening. It will be cooler next week as thermometers struggle to pass the 16°C mark.

North: The north will be cold and wet as it has been of late, with rain expected for most of the weekend and more scattered showers forecast for much of next week.

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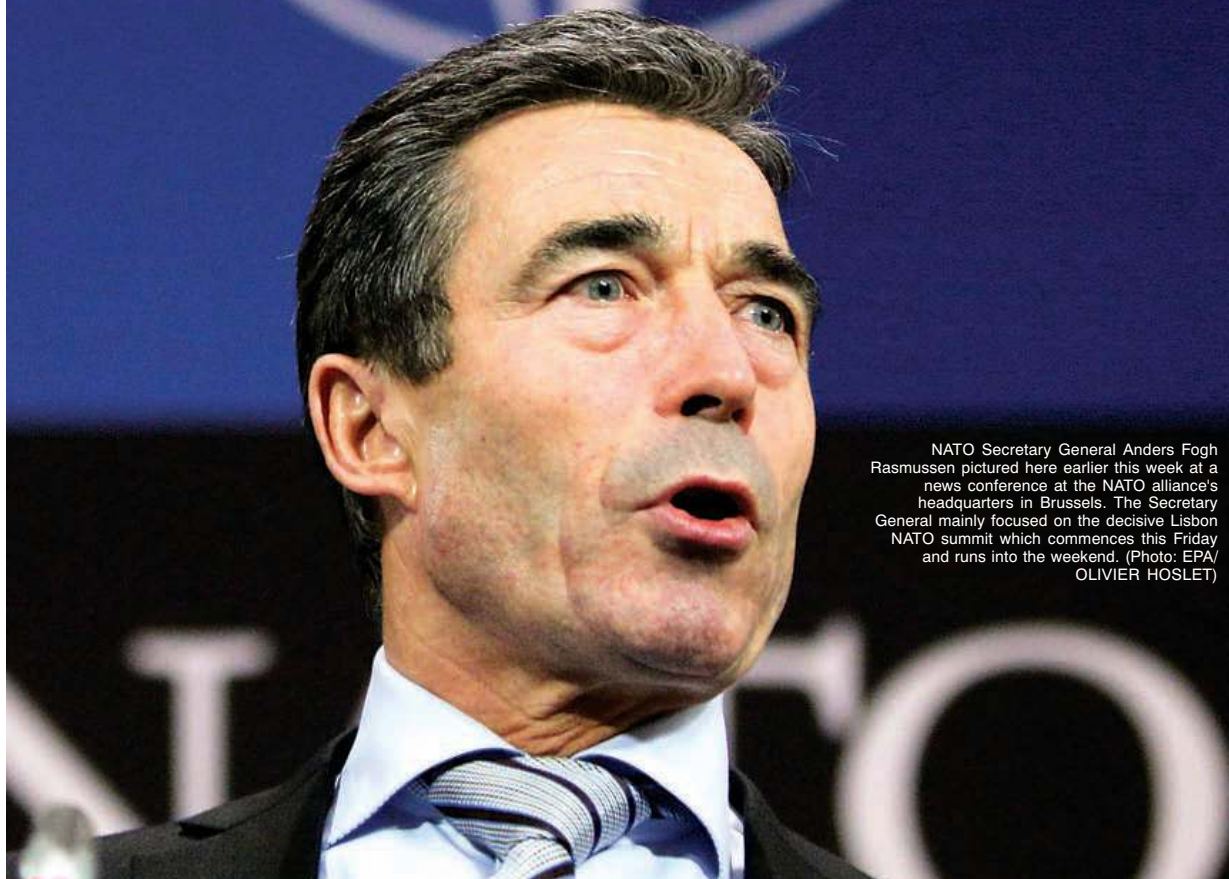
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**World leaders gather in Lisbon for one of the
“most important summits in NATO’s history”**

NEW NATO DECIDED IN LISBON

Full story, see page 2



NATO Secretary General Anders Fogh Rasmussen pictured here earlier this week at a news conference at the NATO alliance's headquarters in Brussels. The Secretary General mainly focused on the decisive Lisbon NATO summit which commences this Friday and runs into the weekend. (Photo: EPA/OLIVIER HOSLET)

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News



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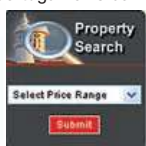
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New NATO decided in Lisbon



The world's most influential leaders are gathered in Lisbon this weekend as they seek to find common ground on the future of the NATO. The Lisbon Summit, according to the Secretary General Anders Fogh Rasmussen, will be one of the most important in the history of the military alliance as members decide on the structure at the gathering, which is expected to end with a renewed organisation. Meanwhile, security forces are on high alert, with movement in the Portuguese capital heavily restricted as police look to ensure a trouble-free summit.

Brendan de Beer

The eyes of the world are on Lisbon, waiting for the outcome of talks between presidents and prime ministers seeking to make NATO more effective and efficient.

During the summit, agreement is expected whereby the organisation will invest in key capabilities like missile defence, cyber defence and long-range transport.

Leaders will also discuss how NATO will reach out to connect with its partners around the globe, countries and other organisations.

The effects of the economic crisis on the alliance's policies will also see leaders decide to slim down NATO's Command Structure by about 4,000 personnel.

All of these proposals are expected to be enshrined in the new Strategic Concept which will guide the alliance for the next decade.

Secretary General Anders Fogh Rasmussen explained at a press conference this week that the Lisbon Summit will also mark a fundamentally new phase in NATO's operation in Afghanistan, as allies will this weekend launch the process by which the Afghan government will take the lead for security throughout the country.

"We will start early next year", the Secretary General highlighted, "and, as conditions allow, we aim to complete the process by 2014."

The Summit will also mark a fresh start for NATO's relationship with Russia.

"My strong sense is Russia shares our view that the time has

finally come to stop worrying about each other. The time has come to work together", said the Secretary General in a statement. "I hope we will also explore missile defence cooperation".

The Secretary General announced that NATO will also deepen cooperation with Russia on Afghanistan and will work with Russia on a joint review of the security challenges that NATO and Russia are facing.

The Lisbon Summit will also aim to reinforce the foundations that have made NATO the most successful alliance in history and set out an agenda for change to ensure the same success in the coming decade.

In talks leading up to the summit, Portuguese Foreign Minister Luís Amado said he believed NATO was close to sealing a deal regarding a European missile defence system, but said there can be no guarantee that a final decision will be made this weekend.

"We're nearer to a consensus than we've ever been. I can't guarantee that consensus will be immediately reached, but we're very close", Minister Amado was quoted as saying by Lusa News Agency.

"Missile defence is a divisive issue within the Euro-Atlantic sphere. It's a good sign for European security that the U.S. and NATO systems, with the potential cooperation of Russia, are integrated in developing it."

Defence Minister Augusto Santos Silva added that he is "very confident" that "a breakthrough" towards the development of a missile defence system

will be reached during the Lisbon summit.

As for NATO's so-called eastward expansion, the Russian Ambassador to Portugal told Lusa the topic was not up for discussion.

"We don't think it makes sense that NATO expands towards our borders", Ambassador Pavel Petrovskiy said. "If Russia is becoming a strategic partner, why would NATO expand in our direction? There's no logic in it."

At the 2008 NATO summit in Bucharest, the alliance stepped back from bids by former Soviet republics Ukraine and Georgia to be included in the alliance.

In the hours leading up to the summit, U.S. President Barack Obama and Secretary of State Hillary Clinton were scheduled to hold talks with Portuguese leaders, including President Cavaco Silva and Prime Minister José Sócrates.

Meanwhile, Portugal has taken no risks in hosting this prestigious summit, having made a number of arrests after boosting security measures such as closing borders and restricting airspace above the capital.

Two people were detained on Tuesday at the Caia border crossing in south-eastern Portugal charged with possession of weapons and "anarchist pamphlets" calling for violence at the summit.

Portugal had earlier in the week reinstated document controls at all its border crossings with Spain as a security precaution.

The measure will remain in

place until midnight on Saturday.

Five anti-NATO demonstrations have also been authorised for the summit, police told Lusa, but demonstrators have been told not to wear "clothing that hides their faces or heads", and "cutting or blunt objects" have been forbidden.

Security measures surrounding the NATO summit also forced at least 200 trials to be postponed as Lisbon's main courtroom complex is situated inside the summit's security perimeter at the western side of the city.

"Restrictive measures" were also announced at Lisbon Airport, which are expected to result in flight arrivals being reduced from 23 per hour to 14.

Three Lisbon hospitals were also placed on stand-by to deal with victims of potential injuries.

According to health sector sources, Santa Maria will be reserved for high political officials (heads of state and government, cabinet ministers); São Francisco Xavier is reserved for other participants; and São Jose will assist demonstrators.

Around 10,000 police officers will be involved in the security apparatus for the summit.

The two-day summit commences this Friday afternoon and will converge with a US-European Union summit on Saturday.

Taxpayers concerned at what cost the hosting of the prestigious summit has come, have had their fears allayed after it emerged this will be the first NATO summit where the hosts will not have to foot the bill.



The press centre at the NATO Lisbon Summit taking place this weekend in Lisbon. (Photo: Lusa / Miguel A. Lopes)



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Portugal braces for 'biggest strike ever'



The industrial action planned for next Wednesday (24 November) is forecast in many quarters to result in the biggest strike by workers Portugal has witnessed and cost millions in lost revenue.

As hundreds of thousands lay down their tools, disruption, especially for commuters, is expected to be extensive, while the state is already predicting the strike will cost the taxpayer tens of millions euros resulting from the loss in productivity.

But the leader of the UGT trade

union is convinced next week's action is for the greater good.

Expressing the conviction that the 24 November strike will be the "biggest ever", João Proença also said it was "fair and fundamental in changing government policy".

"Government policies will have a negative impact on employment. We need policies that give preference to increasing employment", explained Mr. Proença in recent comments to journalists as he underlined the objectives of the UGT for the general strike.

The UGT leader also stressed that the "budget deficit cannot be the first, second and third priority in Portugal".

Predicting unprecedented numbers will take to the streets in demonstrations, João Proença also forecast that transport systems will be paralysed for the duration of the 24-hour strike while national ports will be forced to shut down.

He also said he expected large numbers of privately employed people to join their counterparts in the civil service in striking, but added that large numbers would probably end up going to work as a "third of privately employed workers do not have permanent contracts" and might be pressured by their bosses into going to work.

The aviation and tourism industries are also bracing themselves for huge losses, with national airline TAP, airport operator ANA and handling company Groundforce predicting direct losses of more than eight million euros on the day of the strike.

Despite the widespread disruption of the labour action, the government, and more specifically the Finance Minister, has refused to be swayed into making concessions to unions, saying the strike will "change nothing".

"I believe there is no need to be

agitated about the general strike. Trade unions have called it, they have a right to do so, but that won't change the government's mind about what needs to be done", Teixeira dos Santos said in a recent press conference.

The minister added that "the country's financing capacity is at stake" and that fiscal consolidation will be "harsh and demanding" but it needs to be done, or "the nation's situation will be much worse than people imagine".

Teixeira dos Santos has also tried to justify the austerity measures workers are protesting against next week, saying that the government's macroeconomic forecasts in its 2011 budget will be "prudent", and that he expects these measures to "naturally have an impact" on economic growth.

"In 2011, Portugal's growth will be lower than in 2010, both due to the tenuous recovery in the global economy – especially within [Portugal's] main trading partners – and to the impact of the additional fiscal restraint measures", the minister said.

Teixeira dos Santos further estimated that a round of wage cuts up to 10% will result in a €1 billion decrease in public spending for 2011.

Labour confederations CGTP and UGT, in a near-unprecedented move, called a joint general strike for November 24 protesting a package of government austerity measures aimed at reducing the country's deficit.

Dozens of other smaller labour unions have since announced their support of the strike and called on their members to stay away from work.

Trade Union leader João Proença pictured here during a recent press conference outlining the aims of his union in next week's general strike.

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McCann family to publish Madeleine book



Representatives of the parents of missing British girl Madeleine McCann have revealed this week that a book describing their ordeal since the disappearance of their daughter in May 2007 in the Algarve will be published next spring.

In a statement sent to **The Portugal News**, Kate McCann explained there were several different reasons as to why she and her husband Gerry came to the decision to write and publish a book.

"This decision has not been an easy one. Many factors needed to be given thorough and careful consideration, not least the impact of such a book on the lives of our three children. My reason for writing is simple; to give an account of the truth", explained Mrs. McCann.

"Publishing this book has been a very difficult decision and is one that we have taken after much deliberation and with a very heavy heart. However, in the last few months with the depletion of Madeleine's Fund, it is a decision that has virtually been taken out

of our hands", she explained, adding: "Every penny we raise through its sales will be spent on our search for Madeleine. Nothing is more important to us than finding our little girl." Meanwhile, Madeleine's father Gerry said: "We are hopeful that this book may help the investigation to find Madeleine in other ways too. Our hope is that it may prompt those who have relevant information (knowingly or not) to come forward and share it with our team. Somebody holds that key piece of the jigsaw." Bill Scott-Kerr, Publisher at Transworld, bought the book from the Christopher Little Literary Agency for publication in the spring of 2011. All royalties will be donated directly to Madeleine's Fund – Leaving No Stone Unturned Limited.



Kate and Gerry McCann pictured here during their visit last week to the Portuguese capital where they discussed the next phase in their search for their missing daughter. (Photo: Lusa/João Relvas)

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Most EU states fail to follow Portugal in activating missing child hotline

The European Commission has this week made a final call to 14 EU Member States to make the Europe-wide **116 000** hotline for missing children operational as soon as possible. So far, only 11 states have followed Portugal's example (it was the first nation to adopt the helpline in 2007), while the United Kingdom has only managed to make the line semi-operational.

The hotline provides a single number for missing children and their parents to call for help anywhere in the European Union. Having the same hotline number is intended to help children and parents in trouble to get help when away from home, such as during family holidays.

In a report adopted this week, the Commission takes stock of the situation in the Member States, proposes common minimum quality requirements for the service throughout the EU and gives Member States a last chance to make the hotline operational before considering legislative measures.

"The disappearance of a child is always a tragedy and in some cases their life may even be at risk. The **116 000** number offers help, support and a potential lifeline for missing children and their parents," said Vice-President Viviane Reding, EU Commissioner for Justice, Fundamental Rights and Citizenship. "Every child and every parent should remember just one number instead of 27 national ones. Citizens should

also expect that their requests are treated in a similar way no matter where in Europe they call the 116 hotline. I call on Member States to make every effort to implement the hotline swiftly to put children's safety and security first."

Vice-President Neelie Kroes, EU Commissioner for the Digital Agenda, added: "A missing child is a traumatic experience – we have a duty to provide the simplest and most effective means to help parents and children in such a situation. This is what **116 000** is about: just one short phone number you can call, whatever European country you find yourself in. So those Member States lagging behind have to get their act together to make the **116 000** number operational throughout the EU."

The **116 000** hotline still has to be made fully operational in Austria, Bulgaria, Cyprus, the Czech Republic, Estonia, Finland, Germany, Ireland, Latvia, Lithuania, Luxembourg, Malta, Slovenia and Sweden. It is currently only partially operational in the UK.

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Portugal has largest number of 'old' drug-users in Europe

A recent study from the EU drugs agency EMCDDA (European Monitoring Centre for Drugs and Drug Addiction) has shown that of all 27 European member states Portugal has the highest number of older drug users, with over-forties making up 28 percent of treatment entrants.



A drug user pictured here earlier this year returning his syringes during a campaign by charity organisation *Cáritas*, aimed at feeding users and helping them kick the habit. (Photo: Lusa/Paulo Novais)

The study was made public last week in Lisbon and has revealed that "Portugal has the highest percentage of older drug consumers starting treatment", which, together with data from other European countries has allowed the conclusion that drug abuse can no longer be seen as a "youth phenomenon."

Wolfgang Götz, director of the EMCDDA, stressed that there is an increasing demand for services specifically for "older users whose health suffers from the combined effects of the prolonged consumption of drugs and aging."

It is a "growing concern" for both services dedicated to drug addiction and general health, he added.

Portugal is one of the countries in Western Europe that the EMCDDA identified as having "the first epidemic of heroin consumption in the 1980s and 1990s" and where opium substitution programmes involved a "very substantial" percentage of older people.

In Eastern and Central European countries, where opium started to be consumed at a later date, "towards the end of the 1990s, beginning of 2000s", it was only a matter of time before there would be aged users, the report stated.

It was highlighted in the report that for existing older users, treatment programmes "are rare in Europe."

When an addict reaches 40 years of age, they could require care that is normally reserved for patients in their 60s, the report suggests.

As well as verifying "the highest levels of unemployment and isolation" within this segment of the population, the report further explained that aged addicts are people who suffer "chronic physical and psycho-social consequences" from continuous consumption, such as liver disease, ongoing damage from "overdoses" and depression, and effects similar to those often associated with alcohol and tobacco consumption.

Deaths from infections up by 70% since 2005

Charity cases soar

The number of Portuguese turning to Catholic church-run association *Cáritas Portuguesa* for help has soared over the past year, with figures from 13 of the 20 regional branches registering an increase from five thousand to 62,000 people in 12 months.

Between last October and the same month of this year the number of people turning to *Cáritas* for charity have multiplied by more than ten-fold in 13 of the 20 regional dioceses, according to figures from the association.

The information was disclosed during a meeting of the *Cáritas Portuguesa* General Assembly, during which heads from 19 of the 20 *Cáritas* Dioceses met to discuss how to "take on the future" and best offer help to the most needy.

Eugénio Fonseca, President of the association estimated that, globally, there was a growth of between 20 and 30 percent of people receiving support from the institution, in relation to last year, though he stressed that those figures do not accurately reflect reality.

"Unfortunately, some Dioceses do not have the capability to respond to every situation that comes along", he said.

According to the head of *Cáritas* the surge in requests is "more than anything to do with unemployment", which "then brings things associated with it", such as a lack of food or the inability to buy medicines.

"Unemployment is, at this moment, the main reason that drives people to seek us out", he reiterated.

The numbers released this week are on a par with patterns that other institutions have been faced with due to the rising number of requests for help.

The National Food Bank, which will carry out its next collection in supermarkets throughout Portugal over the last weekend of this month, is currently sustaining some 280,000 Portuguese. And the need for community "soup kitchens" run by the Portuguese Charitable Union has grown by between 200 and 250 percent over the last year.

Meanwhile, *Cáritas Portuguesa* has warned that "the blackest phase of the crisis has not yet occurred", and predicted that unemployment will rise further, as well as being a long-term issue.

Eugénio Fonseca appealed for the population to create "less expenditure" and carry out "a permanent fight against social asymmetries".

A statement issued following the meeting indicated that "many families can't keep on top of bills, which further deepens the crisis."

Mr. Fonseca acknowledged that "a significant part of the population fell into frenzied consumerism, did not maintain saving habits nor did they work together to overcome the crisis."

The number of deaths caused by infection last year in Portugal reached 1,392 cases, representing a 70 percent increase on the number of cases in 2005, which saw 823 deaths.

A total of 36 people died from infection under the age of 45 last year, however the majority of those who died from infection were over the age of 70.

Filipe Fróis, a consultant for Pulido Valente hospital told *Diário de Notícias*: "Mortality has dropped in recent years, but there are many more cases of sepsis, which explains the increase in these cases."

According to a study carried out by the national health authority, infections affect 9.8 percent of hospital patients in Portugal, and 20 percent of patients in the community. It adds that this increase is related to an ageing population, who have more illnesses at once and a weaker immune system.

The correct administration of antibiotics and these only being prescribed when really needed is also a way to avoid the spread of infection and slow down the development of resistant strains of bacteria, which have plagued many countries.

"There has been a lot of effort made to raise the awareness of the general public and health professionals, with recommendations being implemented in hospitals," said Filipe Fróis.

Sepsis also known as blood poisoning or septicaemia has various levels of severity. One of the most severe is when there are a high number of bacteria in the blood which the body cannot cope with. This can cause toxic shock and result in death.

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Groundforce abandons Faro Airport

Carrie-Marie Bratley

Portugal's largest handling company Groundforce suddenly terminated its operations in Faro last week after collectively firing 300-plus employees at the airport, reportedly by email, in a sacrificial bid to reduce the company's losses and save thousands of other jobs.



"The suspending of Groundforce's operations at Faro Airport intends to reduce the company's losses, a condition that is indispensable in making its future, and the remaining 2,000 jobs, viable", said Fernando Melo, Groundforce delegate administrator, during a press conference last week.

In total, 336 Groundforce employees have been dismissed from Faro.

The firm, Portugal's largest airport handling company, which is owned by national airline TAP, is currently believed to be in the red by some €20 million. It announced the closing of its operations in Faro last week. On Wednesday (11 November) the news was officially confirmed on the company's website in a posting on the homepage, and at around 4:00pm that afternoon employees received confirmation via email. Some employees said they first learned about the collective dismissal via the media.

The head of the company's trade union, Mateus Mendonça, told Lusa News Agency that the atmosphere amongst those who lost their jobs "couldn't be worse" and that "the TAP Group managed to keep this [news] with utmost secrecy, and when we were informed there was no respect whatsoever for the people."

TAP has since sent five of its employees to Faro Airport to ensure the continuity of check-ins and other passenger services for its flights.

In the Algarve, tourism chiefs and key politicians have slammed the move, lamenting the company's decision and voicing their apprehension over the action.

In a statement to the press, Nuno Aires, head of the Regional Algarve Tourism Board (ERTA) said "The management of the Tourism Board profoundly laments the sudden announcement of the closure of Groundforce's operations at Faro Airport and the collective firing of its employees."

"Nonetheless, the board has been guaranteed that Groundforce's decision will not compromise activities at Faro Airport, so that tourist operations will be equally ensured."

The regional branch of the PSD social democratic party said that it was "apprehensive" and "worried" about the impact the closure would have on the region.

A statement read: "The PSD Algarve committee is apprehensive about the closure of handling company Groundforce's operations at Faro Airport, particularly because of the firing of 336 people, but also because of the consequences that the measure could have on tourism in the region."

It argued, "Furthermore, in a State-run company, how is it possible to announce the firing of 336 employees by email? How can the Government allow the administration to act in such a perfectly inhuman fashion with its workers?"

"In a region where the main source of income is tourism and

Faro Airport is one of the main gateways, PSD Algarve questions the consequences that the closure of Groundforce's operations will have on the region's economy."

At its peak, traditionally in summer, Faro Airport processes thousands of passengers and aircraft every day.

It is another hard knock for the region after two major travel operators, Thomas Cook and Tui, recently announced they would be pulling out of the region for the winter season. And it is further aggravation to a region where unemployment is higher than the national average.

Eldérico Viegas, head of the regional Association for Hotels and Tourist Resorts (AHETA) told **The Portugal News** that, in his opinion, one of the most worrying consequences caused by the move was the unemployment of more than 300 people "in a region which has the highest rate of unemployment in the country".

Despite the reduction in passenger figures caused by the absence of companies like Tui and Thomas Cook (the latter a former Groundforce client), which Eldérico Viegas says will have "a direct, negative effect on the region", he does not believe this was a key cause for the company's exit.

Instead, one of the main reasons highlighted by the AHETA chief was cheaper services and competition from rival handling companies such as Portway.

"Groundforce has left but there are other handlers ready to step in" he said.

In 2007 Groundforce Portugal was providing assistance to almost all charter and scheduled flights to Portugal, catering for around 200 airlines. That year the company assisted some 17 million passengers and moved 120,000 tons of cargo, at na-

tional airports including Faro, Lisbon, Oporto, Funchal (Madeira) and Porto Santo Island (off Madeira).

In 2008, due to a gradual deterioration in the quality of services it offered to the airlines that it assisted, the company underwent a thorough re-shuffle, which entailed a new administration and a deep re-structuring procedure. By the end of 2008 Groundforce had racked up losses in the region of €38.2 million.

In 2009 those losses were reduced to €28.2 million, and by the end of 2010 the company is expected to close the year with losses of around €20 million.

A statement on the company's website further explained that, as in 2011 new operating licenses will have to be acquired, the company was notified by aviation regulator INAC (National Institute for Civil Aviation) to "present a restructuring plan that guarantees the viability of the company, which implies taking measures that will contribute to that objective."

"The over-dimensioning of the Groundforce structure in Faro, where 89 percent of expenditure relates to salaries, had already been diagnosed in 2008 (...) [and] after exhausting all action plans to reduce costs and increase revenue the situation continues to be unsustainable."

The decision, which was described in the statement as "a last resort", will allow the company to reduce its total losses by 40 percent, or €8 million, and guarantee its viability as well as some 2,000 jobs at the airports of Lisbon, Oporto and Madeira.

Former Groundforce workers pictured here last week protesting their sackings. (Photo: Lusa/Luís Forra)

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Portugal showing 'atypical' patterns in mental illnesses



An unprecedented study launched to map the prevalence of mental illnesses in Portugal has revealed that Portugal is experiencing 'atypical patterns' regarding psychiatric issues amongst the population, and has calculated that national figures are almost on a par with those registered in the USA, which has the highest figures in the world.

Nearly one fifth of the population, or two in every ten citizens in Portugal suffers from some form of mental illness, the study concluded, considered to be "atypical" for a European country.

Portugal's results are closer to those of the USA, which has the greatest number of citizens with mental illnesses in the world.

These were the conclusions of the first ever study launched to trace the profile of mental health in this country, and is also part of international epidemiological studies by the World Health Organisation (WHO), which are being coordinated by Harvard University, in America, and involve another 23 countries.

Authors of the study describe it as "the biggest data base in the world" of its genre, involving more than 100,000 participants.

The Portuguese branch of the study revealed that of the 3,849 Portuguese respondents questioned for the study, 22.9 percent suffered some form of psychiatric disturbance, close to the 26.3 percent registered in the USA.

Other countries in southern Europe with which Portugal is normally compared have significantly lower results. In Spain, 9.2 percent of participants have mental problems, whereas 8.2 percent of Italian respondents have psychological issues.

Even in Nordic countries, where

figures are traditionally higher, results are lower than in Portugal.

The study's Portuguese coordinator Caldas de Almeida says the main psychological problems are anxiety issues, depressions, obsessive and compulsive disorders, and alcohol-related issues.

Those most affected are women and young adults aged between 18 and 24.

Meanwhile, it has emerged that in Portugal the main reason for loss of human capital to the economy is the amount of sick leave being taken.

A survey conducted by researchers from the Hospital del Mar Institute's Investigation Group into Sanitary Services (IMIM), Barcelona, concluded that sick leave is the main cause of human capital loss for a coun-

try's economy.

The study, carried out in 24 countries on five continents and including Portugal is part of the WHO's Mental Health world survey.

"It is the first study in the history of epidemiology where the same measuring stick has been used but culturally adapted to suit each different country and it gave us an image from which we ob-

tained the prevalence of problems in the world", Jordi Alonso, IMIM investigation group coordinator told Lusa News Agency.

The main health problems that lead to employees to take days off work as sick leave and which most affect productivity include pain-related issues, such as arthritis, cervical and back pains, migraines, serious headaches, cardiovascular problems, and depression.



A section of the Santa Casa da Misericórdia in Lisbon is home to patients with mental disturbances seeking rehabilitation. (Photo: Lusa/Miguel A. Lopes)

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Unemployment hits record high



Portugal's unemployment rate reached 10.9% in the third quarter of the year, and over 600,000 Portuguese are now unemployed, a record high, according to data released on Wednesday by the National Statistics Agency (INE).

The unemployment rate, as measured by INE, grew by 0.3 percentage points over the second quarter of 2010. In the third quarter of 2009, the rate was 9.8%.

Also according to the data, the total number of unemployed in the third quarter of 2010 was 609,400, the highest figure ever registered by INE.

In a related story, Portuguese Minister of Labour and Welfare has this week called on Brussels to have "more objectivity" when commenting on the "rigidity" of Portugal's labour market.

Minister Helena André was replying to comments by Eurogroup president Jean-Claude Juncker, who said on Tuesday that the Portuguese government should "detail" its economic reforms, adding that Portugal must "boost its potential growth and competitiveness, emphasizing the suppression of labour market rigidity".

Helena André replied that there is "work to be done" on Portuguese labour legislation, but rebuffed Juncker's suggestions.

"It would be interesting if Brussels was more objective in its statements about the Portuguese labour market, since we recently reviewed our labour laws", André said.

"Out of all OECD countries, we have made the greatest strides against rigidity in recent years, we're a little better than Germany, and it's baffling to hear comments about our market rigidity." *TPN/Lusa*

The Minister of Labour and Welfare, Helena André, pictured earlier this month speaking at a conference on the right to have work.
(Photo: Lusa/Miguel A. Lopes)

Lisbon to invest €144 million on council housing

Council housing estates throughout the capital are due to benefit from refurbishment works and other projects to the value of €144 million from Lisbon Town Hall until 2020.

According to plans discussed by housing councillor Helena Roseta on Monday, short term projects will be carried out over the next two years in the housing estates of Pedro Queiroz Pereira, Cruz Vermelha, Quinta das Laranjeiras, Casal dos Machados and Olaias.

More structural refurbish-

ments are also due to be carried out on the estates of Ameixoeira, Alta de Lisboa, Padre Cruz, Flamenga, Condado, Alto da Eira, Boavista and 2 de Maio.

Medium term structural work is also planned to take place between 2011 and 2014 in Horta Nova, Alfredo Bensaúde and Quinta dos Ourives.

Of the €144 million investment, €37.4 million is due to be spent on refurbishment work in the north eastern part of the city, while a further €32.3 mil-

lion will be spent in the north western areas, including Alta de Lisboa, Ameixoeira and Alto do Lumiar, among others.

Almost €30 million is to be spent on the western side of Lisbon city, with work due to be carried out in Padre Cruz, which has an approved QREN project, Murtas and Horta Nova, among others, while a further €24 million be used to renovate the eastern housing estates such as Armador and Quinta do Lavrado.

Investment for the southern

part of the capital is set at around €20 million, with projects due to improve areas where more than 90,000 people live.

According to Helena Rosa, a total of 1,086 shops and commercial spaces, most of which are currently shut will also be part of the project, with special terms and conditions available for people to set up businesses.

"In Quinta da Cabrinha, the Food Bank made a proposal and now occupies a closed parking area," said Mrs. Roseta, by way of example.

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PM pleased at outcome of Macao business trip



Chinese Premier Wen Jiabao and José Sócrates attend the opening ceremony of the Third Ministerial Conference of the Forum for Economic and Trade Cooperation between China and Portuguese-speaking Countries (Macao). (Photo: Lusa / EPA / Ym Yim)



The weekend business forum between China and the Lusophone bloc in Macao has opened "new opportunities" for Portuguese companies, says Prime Minister José Sócrates.

"In developed economies there's an important, new indicator which is the number of firms exporting to China and present in China", Prime Minister Sócrates spoke at the close of the two-day forum on Sunday. "We must quickly increase our presence".

On the sidelines of the forum, Sócrates held talks with Chinese Prime Minister Wen Jiabao, one week after having received Chinese President Hu Jintao on a visit to Lisbon.

He described the "strategic global partnership" established between Lisbon and Beijing five years ago as being in "clear development".

During the Macao conference, the third of its kind since 2003 but the first to gather heads of state and government, Wen announced the creation by China of a \$1 billion US fund over three years to boost ties with members of the Community of Portuguese Language Countries (CPLP), which is headquartered in Lisbon.

Of the eight CPLP states only São Tomé and Príncipe, which recognises Taiwan, does not have diplomatic ties with China.

An "Action Plan" adopted at the conference foresees increasing China-CPLP business to \$100 billion US by 2013, 10 times where it stood one decade ago.

Beijing's main CPLP trade partners are Brazil and Angola. During Hu's visit to Lisbon on 6 and 7 November, bilateral deals worth about \$1 billion US were signed, according to Chinese media.

The forum also approved a

Chinese proposal to create a training school for Lusophone officials and technicians in Macao.

Beijing made Macao, a coastal territory administered by Portugal for more than four centuries until 1999, its "platform" for business relations with the

Lusophone bloc in 2003.

Mr. Sócrates said he took "pride" in seeing how the Macanese "preserve Portuguese culture" and use their "special relationship with the Portuguese-speaking world" for the territory's benefit.

TPN/Lusa

Economy grows 0.4% in Q3, GDP growing at 1.5% yearly rate

The Portuguese economy grew 0.4% in the third quarter of the year for a year-on-year rate of 1.5%, Portugal's statistics agency INE announced.

According to INE's flash estimate, the Q3 GDP growth was due to "a significant increase" in exports, large enough to overcome a fall in internal demand.

"The Portuguese economy kept in a positive path, in line with what had happened in the first half of the year", a Finance Ministry note reads. "These figures show how right the govern-

ment's upward revision of growth forecasts were."

The Ministry's note also praises the "behaviour of the exporting sector".

Prime Minister José Sócrates welcomed these new signs of growth in the Portuguese economy, saying the latest figures are "very encouraging" and "more than double" expectations.

Mr. Sócrates said the latest estimate by the INE showed exports were the locomotive.

"The export sector is the one pulling economic growth", he said,

adding that this was "good news" because exports are "the most dynamic and important" facet of the economy at this juncture of recovery. Economy Minister José Vieira da Silva described the estimate as "positive figures" with "all indications pointing" to greater annual growth than the 1.3% projected in the 2011 state budget. Portugal's economy is "recovering more quickly than expected" as a result of "the very great effort of our companies and of the export sector in particular", the minister added. TPN/Lusa

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East Timor considers buying Portuguese sovereign debt



President José Ramos-Horta reiterated this week the possibility of East Timor buying Portuguese sovereign debt bonds as part of Dili's plans to diversify its Petroleum Fund investments, suggesting Lisbon should move quickly.

"If Portugal is interested in this, the details must be discussed much before the arrival of (Portuguese) Prime Minister José Sócrates, which I think will be in January, to allow the Timorese government to study the dossier", he said, referring to a planned visit by Sócrates to Dili.

Ramos-Horta reaffirmed Dili's possible interest in Portuguese Treasury bonds on arrival home after attending a CPLP-China business forum in Macao where he met with Sócrates.

"Portugal did not raise this [bond] issue with us", but if Sócrates "brings it up it will be well received" during the upcoming visit, the president added, noting that a decision would be up to the government.

He said the cabinet was already in the process of investing a 10% slice of the \$6 billion Petroleum Fund that is mostly held in US Treasury bills.

Ramos-Horta said Portuguese debt bonds offered no major risk and brought "quite high" interest rates.

TPN/Lusa

Fiscal representation problems

Sample Cases - Part nº 1 of a 4-part series by Dennis Swing Greene.

The following problem cases are based on real events, illustrating what tangles can arise for Non-Residents in Portugal and how they can be avoided or fixed.

Case nº 1 - Rental Income

In 2003, John and Mary Jones bought the holiday home of their dreams in the Algarve. To help defray expenses, they let out the property to holidaymakers. Although they declared and paid tax in the UK, they believed that there nothing due in Portugal because they let only to British. Sadly, they misunderstood their obligations at several levels and eventually paid dearly for their mistakes.

In 2007, their rental agent was inspected and subsequently reported their letting activity. Finanças coercively assessed them in arrears after attaching the property. Due to their negligence, they lost their right to claim any deductible expenses, paid tax plus fines and late interest penalties and nearly lost their property altogether!

To add insult to injury, they also failed to procure a Local Lodging Licence and found themselves with a minimum fine of €2,500 to pay.

Solution: When letting to holiday makers, owners must have a "Local Lodging Licence".

As your Fiscal Representative, we will submit the necessary documents and make application for the Licence at no extra charge as part of our normal services.

Likewise, as your Fiscal Representative, we will prepare your annual Income Tax Declaration on the rental income. By using the best method, we can normally reduce your Portuguese assessment to only 5% of your gross letting income. Even better, this form of reporting normally exempts you from further taxation in your home jurisdiction.

Case nº 2 - Capital Gains Tax

George and Susan White had a holiday apartment in Albufeira that they used for many years. Finally, the big day arrived and they decided to retire to Portugal! After moving, they realised that they wanted something more spacious with a garden. They purchased a ruin and over the next 2½ years, they rebuilt and remodelled the house into their dream home.

After completion, they moved in and put the apartment on the market. When the flat sold a few months later, they were devastated to learn that they were no

longer eligible for rollover relief. They had not taken into account the rigid limiting time periods for reinvestment. Due to inadequate planning, they were forced to pay an otherwise avoidable tax bill that made a serious dent in their savings.

Solution: Had the Whites taken proper advice from their Fiscal Representative, they could have understood the time deadline framework and the correct steps in order to qualify for reinvestment rollover relief. Like any other country in Europe, Portugal sets its own laws and procedures and full knowledge of these requirements is essential to achieve a successful outcome.

Next - Part nº2

Dennis Swing Greene is Chairman and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Portuguese cut shopping and spending costs

A recent survey has revealed that people in Portugal are going to the supermarkets less frequently but buying more and cheaper items when they do, resulting in a decrease in restaurant revenues as families prepare their own meals.

The survey entitled 'The Great Consumption in Portugal' carried out by Kantar Worldpanel Portugal published on Tuesday, shows that consumers in Portugal have also reduced the number of times they go to shopping centres and petrol stations as well as to supermarkets.

This follows the general trend of consumers across Europe, which according to Kantar Worldpanel Portugal's marketing Director Paulo Caldeira, will worsen next year.

"With the data we have, we can forecast that in 2011 these families will spend less, the purchase of no-name goods will increase and food consumption at home will increase," he said.

The study carried out on 3,000 Portuguese families until August this year shows that

shopper's preference for no-name brands is increasing year on year with families across Europe spending an average of €32 on these for every €100 spent. In Portugal, families spend €34 on no-name goods for every €100 spent.

Families in Portugal are however still consuming the same things, although opting to buy cheaper versions. "The average amount spent has reduced by 2.3 percent due to a reduction in the price of fresh food products and a downgrade in consumers' choice."

As an example, "Instead of buying the more expensive apple, people opt to buy the cheaper one," said Paulo Caldeira.

According to the survey Continente supermarkets have 16.7 percent of the market, followed by Pingo Doce with 15.8 percent, Modelo with 12.4 percent and Intermarché with 9.8 percent.

The purchase of food and drinks products in supermarkets has risen "because people are eating more at home, to the detriment of restaurants," said Mr. Caldeira.

Tommy Hilfiger gives advice on crisis during Lisbon visit

During a trip to Lisbon this week the internationally-acclaimed designer Tommy Hilfiger offered words of advice on how to overcome the crisis as well as ensuring the longevity of a business.

In his opinion, the designer believes the secret to surviving the crisis is to sell quality clothes at a good price and claims 2009 was the best year to date for his 25-year-old empire, in terms of sales.

"The market positioning for my brand is 'premium', but accessible. Even during the worst of the recession, in 2009, when things were very complicated, we had our best ever year. And I think that shows that people want lots of quality, lots of style, but at a good price", he said in an interview with Lusa News Agency.

Tommy Hilfiger was in Lisbon to inaugurate the brand's first shop in Portugal.

He said he sees the economic recession as "something real", though hasn't yet felt its consequences.

Hilfiger also defended the market positioning of his brand as



Fashion designer Tommy Hilfiger believes that selling good quality clothing at good prices is the best way to overcome the credit crisis. (Photo: Lusa / Tiago Petinga)

being "the right one for the crisis".

The fashion designer revealed that, when he wants to expand the name in any given country he likes to listen to its inhabitants.

"We know that [the Portuguese] like a casual style, they like jeans-wear, and young, cool styles. We are beginning to understand what they want and we are being well accepted, which makes

me very happy", he said.

Tommy Hilfiger visited the Faculty for Architecture to help choose the winner of a competition launched to promote a partnership with the University and for which the prize is work experience at the Tommy Hilfiger headquarters in the USA.

He urged young designers looking to forge a career in the indus-

try to read up on the business side of the profession, and not to worry solely about creativity.

"Because if you are just creative and don't understand the business side of things, you won't be in the business for very long. But if you understand the business aspect and add creativity then you have everything necessary".

Algarve and Alentejo worst affected by construction crisis

The Algarve and Alentejo regions have been the worst affected by a fall in the number of people looking for housing, with falls of 19 and 22 percent respectively in August, compared to the national average decrease of 9.6 percent.

According to the November

regional analysis carried out by the Association of Construction, Public Works and Service Companies (AECOPS), "Up to August, licenses were only given for 1,373 new housing units, with this being the region under AECOPS influence that suffered the greatest increase in unem-

ployment in the construction sector.

The report also shows that unemployment in the sector in the Algarve rose by 28 percent this year up to September, representing 25 percent of the total unemployment rate in the region. Registered construction businesses based in the Algarve also fell by 5.9 percent.

Data from the National Employment and Training Centre (IEFP) shows that overall, of the 511,000 unemployed throughout Portugal at the end September, 13.6 percent were from the construction sector, while three months previously they represented only 9.6 percent.

As well as the decrease in licensed housing units, AECOPS notes a "very significant" fall in the number of public works put to tender this year, which is "compromising the future of businesses and jobs in the sector."

Up to October this year, the number of public works fell throughout the country by 41.7 percent, although the Algarve was the exception to the rule with an increase of 34 percent.

Meanwhile, the Alentejo region has suffered from the greatest reduction in public investment, with a decrease of 51 percent up to October, compared to the same period last year.

AECOPS hopes that the benefit from a 61 percent increase in the amount of new public works launched in Portugal during October will not be eliminated by government cuts in public investment as part of the national austerity plan.

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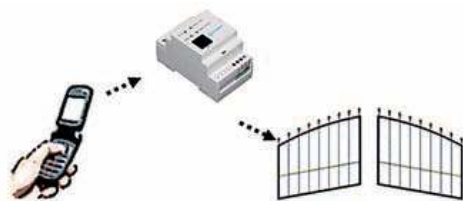
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One stop construction shop opens in Portimão

A branch of the construction services shop Lojadobras, is due to open in Portimão on Saturday, 20 November, providing a one stop shop for all types of construction needs.

Lojadobras does all the running around for its clients, finding the best quotes for construction jobs of any size.

Clients can rest assured that Lojadobra will only approach professional and registered constructors, as well as check all building licences, insurances and other paperwork.

Their dedicated team will also oversee all the building work and ensure it is completed to a satisfactory standard. All this is carried out without the client having to spend a penny, as they work on commission from the construction companies.

Lojadobras, which first opened in 2009, now has seven branches across Portugal in: two in Coimbra, one in Albufeira, one in Cascais, one in Amadora, Almada/Seixal and now in Portimão. By the end of the year, a further eight branches are predicted to open in Setúbal, Tomar, Maia, Loures, Mafra, Sintra, Ajuda and Barreiro/Montijo.

The new Lojadobras branch will be inaugurated at 3:00pm at Lote 16, Loja 8, Edifício Solar da



Horta, located along Rua Francisco Alvo in Portimão.

Lojadobras aim to provide clients with quotes within as little as 24 hours or a maximum of one week, depending on the complexity and size of the project.

For further information, please telephone Mário Prudêncio on 916 600 091 or email portimão@lojadobras.com. Alternatively visit their website at: www.lojadobras.com.

New Business? New Product?

Why not let our readers know?

To be included on this page, send details of your new business or product in up to 250 words plus a photograph (optional) to copy@theportugalnews.com

With over 22,000 copies every week, **The Portugal News** is very effective in promoting viable business ideas.

Try us and see!

The Baby Shop For readers who have enquired, the Baby Shop, featured on last week's page, is in Lagos. Our apologies for this omission.



Tailor-made sport and adventure

As winter approaches make the most of the milder weather and head out to the coast or countryside for a day of adventure!

Portugal Sport and Adventure specialises in activity and adventure trips throughout Portugal, Madeira and the Azores. There are activities to suit all ages, tastes and budgets including wet and wild water sports, sailing, coastal and big game fishing, paragliding, skydiving, hot air balloons, microlights, horse-riding, kayaking, diving, climbing, canyoning, guided jeep, quad bike and cycle tours and much more! Many activities are available all year round. Please visit www.portugal-sport-and-adventure.com for inspiration

and to plan your trip.

New for 2011! If you overindulge this Christmas or want to get the new year off to a healthy start why not join us for 'Relax and Reboot' a weekend of relaxing exercise, pampering and detox at a beautiful 4 star hotel. Or sign up for one of our fun but challenging boot camps!

We also create tailor-made holidays for individuals, families and groups and offer a specialist event planning service. Sports clubs, corporate groups and stag and hen parties are welcome with former clients ranging from scout

troops to multinationals!

With Christmas round the corner lots of our activities make really different and fun gifts and we have gift vouchers available starting from only €30. Once-in-a-lifetime experiences such as a balloon flight, whale watching or our ultimate horse power experience are always a popular choice and a short course in scuba diving, sailing, surfing or horse-riding could be a great option for residents.

For more information or vouchers contact info@portugal-sportandadventure.com or call 910 668 600.

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December 8th: Vila Sol Hotel, Vilamoura (Aquashow road)

Bookings: algarvemasfair@yahoo.com

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Carol Singing | Christmas gifts: Jewellery, books, toys, fashion wear, bed linen, cosmetics, decorations **Christmas food:**

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PSD declares formal support for Cavaco Silva in presidential re-election bid



Portuguese opposition leader Pedro Passos Coelho this week met with President Cavaco Silva to express formally the Social Democrats' (PSD) support for his re-election bid next January.

As expected, the PSD leadership voted overwhelmingly late Monday evening to back former party leader Cavaco Silva in seeking a second and final consecutive term as head of state in the 23 January poll.

"The presidential election will open a new political cycle in the life of the country", one with "more confidence, more hope", Passos Coelho told journalists after the leadership meeting.

All presidential incumbents have won a second five-year term since Portugal's democracy-restoring 'Carnation Revolution' in 1974.

Cavaco Silva, who as leader of the centre-right PSD served as prime minister in the 1980s and 1990s, faces four left-of-centre challengers.

His strongest rival is viewed as being veteran Socialist lawmaker Manuel Alegre, who has

the backing of the ruling Socialist Party and the small left Bloc and who was placed second to the president in the last election in 2006.

Passos Coelho predicted that Cavaco Silva would demonstrate the "abysmal difference" separating him from his challengers in the first round of voting.

If no candidate wins more than 50% of the vote, a runoff election must be held. *TPN/Lusa*



Pedro Passos Coelho, leader of the country's biggest opposition party (PSD) seen here speaking to President Cavaco Silva about his candidature for a second term in office. (Photo: Lusa/Inácio Rosa)

Algarve unemployment could reach 33,000 this winter, unions claim

Unemployment could affect a total of 15 percent of the regional population, around 33,000, this winter according to the Confederation of Algarve Trade Unions (CATU).

António Goulart, Director of the CATU told Lusa News Agency: "If in 2009 we had 16,000 unemployed during the summer and 30,000 unemployed during the winter, and this summer there were more than 20,000 affected, then we will surely have more than 30,000 unemployed this winter. We could be talking about 33,000 or 34,000 unemployed people in the Algarve."

He added that two years ago, the high rate of unemployment was a serious sign of crisis in the Algarve, but what really shows the seriousness of the crisis are the winter figures, which have by far overtaken the summer figures.

"We had more unemployed people in July and August than during the worst month of the last 20 years, which was in January 1996," said Mr. Goulart, adding: "official figures from September show a total of 21,668 people were unemployed, with a further 1,055 in occupational programmes."

Unemployment has been affecting several areas in the workplace, with recent cases such as the laying off of 336 employees from the baggage handling company Groundforce from Faro Airport as well as the case of 22 nurses being sacked from seven regional health centres. Small local companies such as the Alicoop Group, which went bankrupt and closed its stores earlier this year are other

examples of where jobs have been lost.

According to Mr. Goulart, the government's austerity measures for 2011 as well as the plans to introduce tolls on the Via do Infante A22 motorway "will cause more social problems and unemployment in the region."

With previous predictions having come true for the Algarve's unemployment figures, Mr. Goulart believes that the figures for this winter will see up to 15 or 16 percent of the regional population without a job.

"I sincerely hope that we are mistaken with our forecasts, because it seems to be a very serious scenario," he added.

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Fire station filled for final goodbye



Friends, family and colleagues filled Oporto's fire station on Monday in homage to the station chief Manuel Correia who lost his life while fighting a fire in Rua dos Caldeireiros in the early hours of Sunday.

The 52-year-old fireman died from a fall while trying to fight a fire in an abandoned building that was used by squatters. During the funeral the following day, the funeral car drove to the fire station for a final goodbye, where his former colleagues saluted in their formal parade uniforms.

Oporto Mayor, Rui Rio also placed a wreath at the station prior to the funeral which was held in Lousada, where the chief lived.

Pais Rodrigues, second in command at the fire station said that the ceremony was symbolic and full of meaning, with many neigh-

bouring firemen, both active and retired being present.

Mayor Rui Rio said that the Town Hall will investigate whether the incident was unavoidable or could have been foreseen and whether anyone is to blame or anything can be done to avoid it in future.

Fireman pay their final homage to the Oporto fire chief who died fighting a blaze in the early hours of Sunday morning. (Photo: Lusa/ Estela Silva)

FM Amado denies he intends to quit, says he is "fully motivated"

Portuguese Foreign Minister Luís Amado is "fully motivated" by his job and has no intention of resigning, he told parliament on Monday.

Minister Amado was questioned by opposition MP Carlos Gonçalves about an interview granted Saturday to the *Expresso* newspaper, in which the minister said that Portugal "needs" a coalition government, and that he'd be willing

to leave his post if that contributed to political stability. Mr. Amado is part of a minority Socialist government.

Questioned about his words, Luís Amado said he is "fully motivated".

"You read the headline but

didn't read the full interview", Amado told Gonçalves in parliament. "Headlines are always a compromise between what the interviewer would like us to say and what we actually said."

TPN/Lusa

Tall ship 'Sagres' arrives in Goa amid nationalist controversy

The Portuguese Navy's tall ship *Sagres* sailed into Goa last Friday to mark the 500th anniversary of the arrival of the Portuguese in the Indian territory amid criticism from nationalist quarters.

"Goa had to be included in this circumnavigation given the excellent relations" binding Portugal and India, Portuguese Consul Luís Castro Mendes told Lusa News Agency by telephone, adding that the ship's visit would serve to mark the fifth centennial of the Portuguese "arrival".

The opposition BJP party criticised plans for Goa Governor Digambar Kamat and other dignitaries to have lunch aboard the tall-masted vessel.

"They will be celebrating the conquest of Goa 500 years ago", BJP leaders told local newspapers.

A self-styled Freedom Fighters group has threatened to block any public event organised by the Portuguese consulate to mark the anniversary.

The Indian army invaded Goa in 1961, pushing out Portuguese forces.

TPN/Lusa

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EU to stop shark finning

The European Commission wants to eradicate the practice of shark finning completely from EU waters and fishing vessels from the EU wherever they operate in the world.

Finning consists of cutting off and keeping the fins of sharks while throwing the shark body overboard to die.

The practice has been banned by EU legislation since 2003, but the current system makes control difficult and compliance hard to ensure. To strengthen the existing legislation, the Commission asks the scientific community, the industry, Regional Fisheries Management Organisations

(RFMOs), NGOs and all interested parties to give their views over a 12 week consultation period starting this week.

The received input, as well as the latest scientific knowledge from across the world, will feed into a proposal for a new, more effective EU law to stop the practice of shark finning completely to safeguard sharks, many of which are under serious threat.



Festive Season at the Holiday Inn Algarve (formerly Hotel Garbe)

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Over 100,000 trees to be planted across Portugal this week



Around 60 town halls are to be involved in the planting of more than 100,000 trees across Portugal during National Reforestation Week, which is taking place between 23 and 28 November.

Hélio Lopes, coordinator of the national non-profit making organisation 'PlantarPortugal' told Lusa News Agency: "The aim is to distribute more than 100,000 trees through various areas such as forests (affected by fires), riverside areas, parks, gardens and schools."

The initiative will start with the planting of an indigenous tree in Portugal's Geodesic centre in Vila do Rei on Mediterranean Forest Day, before spreading across continental Portugal, Madeira and the Azores.

Town halls across Portugal will

be organising groups of volunteers to plant the trees.

According to Hélio Lopes, the trees for this first initiative have been obtained by each town hall itself, but the organisers are hoping to be able to fund the trees next year through sponsors, associations and other partnerships.

Associations currently supporting the initiative include the national institute for nature conservation and biodiversity and the national forest authority, among others.

As well as the planting of trees, the initiative also includes educa-

tional activities and a national photography and video competition.

To find out more about the National Reforestation Week in your area, please visit the website, available in Portuguese at: www.plantarportugal.org.

Portugal's Minister of Internal Affairs, Rui Pereira seen this week in Coimbra at the opening of an international conference about forest fires. (Photo: Paulo Novais/LUSA)



CO2 emissions from new cars see biggest fall in 2009



Average CO2 emissions from new cars sold in the EU dropped by 5% last year, the biggest annual fall ever recorded, a report published last week by the European Commission shows.

The Commission also adopted detailed rules to harmonise the monitoring of CO2 emissions from cars across the EU. Commissioner Hedegaard will report on these developments in this afternoon's meeting of the High-Level Group 'CARS 21'.

Climate Action Commissioner Connie Hedegaard said: "Reducing CO2 emissions from road transport remains a major challenge for the years to come. The latest data shows however that the car industry is on track to achieve the 2015 target and most likely several major manufacturers will be able to do so well in advance", adding: "When the targets were set, the industry feared

that they would be impossible to reach in time. I am glad that in reality EU legislation on reducing CO2 emissions is proving an effective driver of innovation, keeping the EU industry at the forefront of competitiveness."

The Commission report summarising data on emissions from new passenger cars for the monitoring year 2009 shows a 5.1% drop in average CO2 emissions against the previous year - the largest annual fall since the monitoring scheme began in 2000.

Moreover a slight decrease in the power, engine capacity and weight of cars, seen for the first time in 2008, accelerated last year. This was due to a combination of

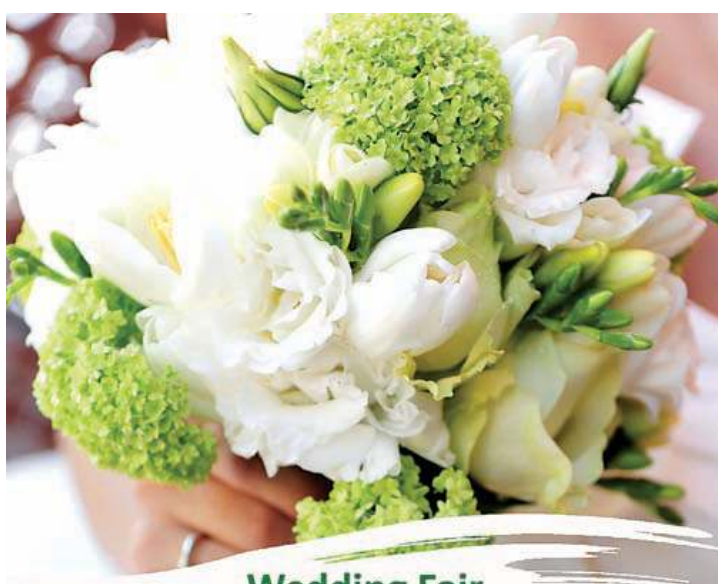
the economic crisis, the scrap-page schemes introduced in some Member States and increased demand for and development of more fuel-efficient vehicles.

The EU CO2 emissions target of 130g CO2/km that is to be met in 2012 by the average 65% lowest emitting cars was reached last year. Considering the average fuel efficiency improvements achieved over the past seven years, several large volume manufacturers are expected to reach the 2015 target a few years in advance if this trend continues.

The Commission has also adopted detailed rules and guidance to harmonise the EU scheme for monitoring CO2 emissions from cars and ensure its correct functioning. This forms part of the implementation of the Regulation on CO2 from cars. The rules include instructions to Member States, and provide the car industry with a time table for the delivery of data.

The 130 grams per kilometre (g/km) CO2 limit for new cars registered in the EU will be phased in gradually. In 2012 the average emission target covers emissions from the 65% lowest emitting cars. From 2015 all cars are included in the calculation of the average.

Road transport generates about one fifth of all CO2 emissions in the EU, with cars being responsible for more than half of overall transport emissions. CO2 emissions from road transport rose by 29% between 1990 and 2007, notably due to increases both in the number of vehicles on the roads as well as in distances driven annually.



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Facebook has become an indispensable way to find old friends, schedule events, play games and even send virtual gifts.

It is interesting to think that Facebook was launched in February 2004 and has increased to over 500 million members. It is really an amazing achievement and a remarkable success story which also demonstrates the growing recognition of social networking. You can find people today whose career successes are fully dependant on this site.

Application Developer, Zynga is a brilliant illustration of success with Facebook. Af-

ter being in business for nearly three years the company has an annual income of over \$100 million dollars and is accountable for some of the most well-known applications on this social site, specifically Farmville and Mafia Wars.

Issues with Facebook

How many times have you been out with close friends, maybe you had a few too many drinks and made a total idiot of yourself, which would not have

been a problem a few years ago, simply because even if your friends did have cameras and took pictures there was basically no site that could humiliate you in the same way this site can. The effect of this networking site has also passed on to businesses and may now affect employment opportunities. It is widely reported that firms will try and locate your profile on it, just to discover if there exists anything you possibly forgot to point out. You have the ability

to share with the globe positively everything that you like and dislike, your favourite music, foods, films and your political and religious affiliations.

For some, the quantity of information has gone too far. It's commonly said that knowledge is power, and if that is the case this networking site is all powerful simply because they have knowledge of over half a billion members. Some may ask what possible problems might come from all this knowledge and power?

Below I discuss a few of those possible problems.

Monopoly:

Facebook is literally making itself the center of all business advertisements, thanks to its huge fan base. Businesses will go to extreme lengths to accumulate information on customers and this is a giant and rich database of buyers. Since 2004, marketing has become progressively important for Facebook because it generates huge incomes. Over \$800 million annually to be exact. This is affecting many other small companies that have no other choice than to link themselves to Facebook to market their products. Even startups force themselves to join Facebook to promote their products.

Privacy:

"Good Privacy" is not really a term associated with social networking, especially with a giant like Facebook that is considered to be the backbone of social networking. One should be really careful about what one posts on their wall or others' walls. The privacy settings should be well understood and set according to one's preferences. Applications and other users can take advantage of you if you are not cautious enough.

Addictive:

With tons of applications available out there, Facebook is one of the most addictive sites on the Internet. People get hooked

on applications and games like Farmville, Mafia Wars, etc. Many schools report that the average grade of students has gone down and the main cause is social networking sites. People may end up losing jobs if they are caught social networking during work hours, when they should have been working.

Loads of Unwanted Information:

If you are one of those who has a few genuine friends and those friends use a lot of applications; features like live feed will keep you updated on which applications they are using and their other activities. Thus you could be the subject of a lot of unwanted information. Although there are options to turn off these updates, this can get irritating in the long run.

The Bad Impact on Career Life and Personal Life:

People add their colleagues, family and friends to their friends' list. At some point, a bad comment about any of their family members, friends or colleagues at work could lead to a break in the relationship as any comment made by you is always available on your updates. A little spying on your activities will show others what you were recently doing and will also tell them what you think about them. This is one of the really bad things about Facebook and it can easily lead to misunderstandings.

Facebook Places:

Facebook places lets your friends know where you are and what you are doing. What's more, you will be spammed by others' updates too, on their whereabouts which can be very disturbing. So if you want to have your coffee in peace, make sure that your Facebook privacy settings are as per your requirements.

Scams:

With so much of your private

information available on your Facebook account, it's easy for scam artists and hackers to use this information to target your other accounts—such as, email, banking, and PayPal. Protect yourself by using proper privacy settings, and don't set your Facebook password and email password to be the same.

Virus Attacks:

No matter how secure a website is, hackers always try and find a way to spread worms and viruses via the website. Since news spreads very fast on Facebook, a click on an unknown link is all that is needed to spread the virus to your friends, their friends and so on. It is always good to be careful before clicking links and following them.

Trouble Deleting Your Facebook Account:

Until 2007, Facebook never deleted information of a user when a person deleted their Facebook account. Facebook, more like suspended the account, which meant, one could get their account and all the information back anytime if they decided to join Facebook again. In 2008, Facebook introduced an option to delete the account. Even today, you have to be sure not to just deactivate your account but also check other preferences to make sure that your account is completely deleted.

Final Note:

There are real gifts, real games, and real people out there. Interact with them in real life and use Facebook as a tool to keep in touch with people, but not as a replacement for doing so.

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Wow! You did it!

This year, you have broken the record for the number of Shoe Boxes collected in the Algarve for Operation Christmas Child. Well done to everyone who donated a box. A total of 1,349 boxes full of gifts are on their way to under-privileged children who would normally not receive presents at Christmastime. Imagine the joy on their faces when they open a box. Our boxes will be going to children in Eastern Europe,

Africa and Asia.

So many people in the Algarve have played their part in this achievement - schools, churches, clubs, ladies groups and individuals - thank you all on behalf of the children. Special thanks must go to the Bombeiros who have acted as 'Drop-off' centres, to Shoe World and Izi who have saved us empty boxes, and to the owner of the warehouse we have used for

storing all the donated boxes. The boxes could not be sent back to the UK for them to start their final journey to the children without the very generous offer of free transport from DSL Couriers of Almancil. We have received many donations of money, but again, special thanks must go to Constantino Jordan, Property and Investment Advisory, who have sponsored this appeal with a cheque for €500. All this kindness and generosity is much appreciated.

This year is the 20th anniversary of the campaign, organised by Samaritan's Purse, a registered charity in the UK and the United States. One of the helpers in Romania is a man called Liviu Balas and he tells this story. "I gave a box to a small boy, who had always lived in an orphanage. He put down his box and hugged my knees. 'You must be my mother' (Liviu is a big chap with a beard) 'I am not your mother,' Liviu said, 'I am a father'. The boy insisted that Liviu must be his mother as he had given him a

present. This little child had never experienced the love from a mother or a father and he did not know the word 'father'.

After 18 November, there will be an opportunity to take part in the Shoe Box Appeal online. You will be able to assemble a virtual box, choosing the wrapping paper and

the gifts online. You can even send in your photograph! Just visit the web site at www.operationchristmaschild.org.uk and click on Shoebox World.

Some readers may remember that I was going to Belarus last year to hand out some of the boxes. Sadly, whilst waiting to catch the

flight, my passport and those of other team members, were stolen and I was unable to travel. But... I am going this year. May I through this article, thank you all so much for your kindness.

Gill Rhodes. Registered volunteer for Samaritan's Purse. jtgbrhodes@yahoo.com



A total of 1,349 boxes full of gifts are on their way to under-privileged children.

Organ grinder at Christmas market

Few, if any of us will remember seeing a traditional organ grinder (let alone one with a monkey) on the streets of our towns but now the Algarve has its very own organ grinder in the shape of George (Georgie) Pflanz.

Georgie, 75 who lives part of the year in Dunas Douradas was a successful businessman in his home town of Speyer in Germany but his childhood dream was to own a street organ. Now his dream has come true. He persuaded Herr Göckel, an 83 year old German

organ maker, more used to building church organs, to build a street organ especially for him.

Performers seeking to earn a living by entertaining "on the street" have been around since streets were invented. Men playing mechanical organs turned by a crank first appeared about 300 years ago. The early organs were very small with only a few notes. They had been invented to teach canaries to sing, but enterprising individuals realised that they could take these organs outside and play them to earn money. The organ grinder himself has been the subject of adoration as well as contempt. Until the invention of the phonograph and radio, the organ grinder brought the only music that many people, especially the poorer people in villages and towns, heard. Although the use of any animal would help attract attention, a monkey was often used because he had a thumb and could carry a cup to collect coins.

Organ grinders were after despised or even feared. The authorities in 17th and 18th century Europe were often afraid of itinerant musicians because they carried information and news from place to place, and they sometimes stirred up trouble. Organ grinders

were also disliked because they were typically foreigners or because they used small children in their acts. Often though the music was repetitive, the organ was not kept in tune and the music was just not very musical.

Many European and American cities banned organ grinders. However organ grinders did return to New York the 9 April 2006, when the first organ rally in the area was held in Coney Island.

Georgie, has commissioned traditional Christmas Carol music and will be playing his barrel organ at the Almancil International Rotary Club Christmas Market to be held on Saturday 4 December 4th at Zonda's shop on the EN125, 700m from the 4 Estradas on the way to Vilamoura. All the proceeds from the Market will be given to local charities. For more information please telephone 289 432 286 or email secretary@rotaryalmancil.org.



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Burma: not a “Mandela moment”

People love historical analogies, so it's easy to think of Aung San Suu Kyi's release from house arrest on Saturday as Burma's “Mandela moment.” When Nelson Mandela was freed from 27 years of imprisonment in 1990, it marked the start of a process that saw the negotiated end of the apartheid regime and genuinely free elections in only four years. Maybe that sort of thing will now happen in Burma too.



Myanmar democracy icon Aung San Suu Kai holding a bunch of flowers given by a supporter as she leaves the high court, after making an affidavit in a process to try and make her National League for Democracy (NLD) party a legal entity again, in Yangon, Myanmar, 16 November. Suu Kyi was freed 13 November from seven years under house arrest. Suu Kyi has vowed to continue struggling for democracy, reconciliation and human rights. The 65-year-old Nobel Peace laureate spent 15 of the past 20 years under house arrest. (Photo: EPA/Nyein Chan Naing)

That would be nice, but it would be unwise to bet the farm on it. “The Lady”, as everybody in Burma calls her, has the same combination of saintly forbearance and tough political realism that enabled Nelson Mandela to lead the transition to democracy so successfully in South Africa, but her situation is very different.

Mandela emerged from prison to assume the leadership of a powerful, disciplined mass movement, whereas Suu Kyi must start by picking up the pieces of a party that has split and lost focus during her seven years of house arrest. Its leaders are almost all elderly men, and there is no younger generation of leaders in sight.

South Africa was utterly isolated politically, and its economy was crumbling under the impact of sanctions. The Burmese regime has diplomatic relations with its trading partners in Southeast Asia and a very powerful supporter in China. Burmese living standards are dramatically lower than those in neighbouring countries due to forty years of corrupt and incompetent military rule, but the economy is growing.

And the most important difference: when South Africa's President F.W. de Klerk freed Mandela in 1990, he already knew that the apartheid regime was doomed. He wanted to negotiate a non-violent transition to a democratic system that would preserve a place for South Africa's white minority, and Mandela was the best negotiating partner he could hope for.

The regime that has just released Aung San Suu Kyi, by contrast, does not think it has lost, and a transition to a genuinely democratic system is the last thing on its mind. It has just finished an elaborate charade of elections (nine-tenths of the candidates were government-backed) under a new constitution (one-quarter of the parliamentary seats are reserved for the armed forces). It already has all the democracy it wants.

Why did Burma's military rulers even bother to construct a pseudo-democratic facade like this? After all, their power really rests on their willingness, demonstrated again only three years ago, to kill unarmed civilian protesters in the streets. They don't care about being loved, so long as they are feared.

But they are as concerned about preserving the country's independence as any other Burmese, and that makes it desirable to end Western sanctions against the regime. They are hugely dependent on China as an investor and a market for their raw materials, and that is not a comfortable position for any Burmese to be in. “When China spits, Burma swims,” says the old proverb. If Aung San Suu Kyi can persuade the Western powers to end sanctions against Burma – and she has already hinted that

she will help – then the regime can use better relations with the West to counterbalance China's overweening influence in the country.

Obviously, the regime is betting that it can use “The Lady” in ending sanctions without risking its own hold on power, and perhaps it is right. She faces a hard task in rebuilding her party, which split over the question of whether to participate in the recent bogus election. Even if she succeeds, the generals can always arrest her again and lock her away for as many years as they like. Who would stop them? But they could still lose their bet.

The citation for Aung San Suu Kyi's Nobel Prize in 1991 called her a shining example of “the power of the powerless,” and that power is real. It could be seen in the adoring crowds who came out to see her when she was freed: after seven years of invisibility, her appeal to two generations of Burmese who have lived under the boots of the military regime all their lives is undimmed.

Like Nelson Mandela in apartheid South Africa, or Vaclav Havel in Communist Czechoslovakia, or Mohandas Gandhi in colonial India, she is a realist about power and fear. “People have been saying I know nothing of Burmese politics,” she said when she was first drawn into politics during the non-violent protest movement of 1988. “The trouble is, I know too much.” And the 1988 protests were duly drowned in blood.

But she also knows that Mandela and Havel and Gandhi eventually won. They all had to accept that the guilty would go unpunished, for otherwise the outgoing regime would fight until the very last ditch. They also understood that negotiating with the enemy is necessary, and so does she. As she said in 1997: “I would like to set strongly the precedent that you bring about political change through political settlement and not through violence.”

Despite all that, those other heroes of non-violence got what they were really struggling for in the end: a free and democratic country. And Aung San Suu Kyi could ultimately achieve that too, even though it is hard to see from here the precise route that might lead her to that goal.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Lisbon Remembrance Service



The Royal British Legion Remembrance Service was held on Sunday, 14 November at St. George's Church in Lisbon with some 200 people in the congregation.

Always a special occasion, it was made extra-special because the wreath-laying ceremony took place after the Service in front of the new Memorial Cross which commemorates those who gave their lives in all armed conflict and also those whose names are commemorated within the church and cemetery.

No fewer than eight wreaths were laid. Mr. David Stilwell – representing his family, Coronel Hilário – Liga dos Combatentes, Chef Paulo Vitorino – Bombeiros Voluntários de Lisboa, Lt. Col Patrick O'Halloran – Canadian Armed Forces, Commander Ramsey – HMS Turbulent, Commodore David Wolfe – Senior British Officer NATO Lisbon, Ms Jo Kuenssberg – Deputy Head of Mission British Embassy and Cdr. Ron Goddard – Chairman of The Royal British Legion Portugal.

Cdr Goddard opened the ceremony by welcoming all the

wreath-layers, particularly those who were doing so for the first time and paid tribute to Mr. Mark Hamner who had taken up and driven forward the Memorial project and to the organisations, families and friends whose generous donations had made it possible.

As well as the numerous service men and women from the NATO base present, a thirty-five strong contingent from the visiting HM Submarine Turbulent attended, swelling the Armed Forces presence, which included uniforms from the Gurkhas to the Royal Marines. There were also twenty firemen from the Bombeiros Voluntários de Lisboa who, after the Remembrance ceremony, held their own ceremony at the grave of Darlaston Shore who was a British merchant in Lisbon and a founder-member of their organisation in 1868.

A historical day indeed!



Cdr. Ron Goddard – Chairman of The Royal British Legion Portugal laying the wreath.

Cascais hospital to increase capacity to meet patient demands

The Lisbon and Vale do Tejo health authority has approved four proposals made by the HPP Cascais Hospital to increase its inpatient capacity in the psychiatry and gynaecology departments.

Casimiro Ramos, a spokesman for the health authority told Lusa News Agency: "Cascais hospital sent a formal proposal to overcome its difficulties with lack of space for inpatients and we authorised two of them immediately because they are sufficient to improve the capacity for now."

The approved proposals for the psychiatry ward mean that the inpatient ca-

capacity will be increased to 10 patients, while two individual rooms will also be transformed into double rooms.

Meanwhile, the gynaecology unit will benefit from a further 19 beds as the 19 individual rooms will be turned into double rooms for patients being treated for mammary, abdominal and pelvic complaints.

A further two proposals made by the hospital, which sought to adapt the 'Adult Recovery' area into a ward for

physically unstable patients and the transformation of 19 individual rooms in the Obstetrics departments into double rooms, were not approved by the health authority.

According to Casimiro Ramos, this does not mean that they have been completely rejected, but simply that "more data is needed to ascertain the real need for them to be implemented."

"For now, approved proposals are enough, but we will see

if there is a large increase of patients during the winter, and if necessary then we will authorise the other proposals," he said.

A statement from Cascais hospital, said that the measures will "guarantee a better and faster healthcare service," although the regional health authority spokesman said that the entire problem could have been avoided, had the hospital suggested the proposals sooner.

John Malkovich presents fashion collection in Cascais



Models display outfits by US actor and fashion designer, John Malkovich, during his fashion show that took place at the Estoril Film Festival, at Museu Conde Castro de Guimarães, in Cascais, Portugal, 13 November 2010. (Photo EPA/José Sena Goulão)

US born actor John Malkovich came to Portugal to present his first fashion collection designed by himself during the Estoril Film Festival, held in Cascais.

The fashion show, which included his line of spring/summer 2011 clothes for the Technobohemian brand was presented at the Condes de Castro Guimarães museum in Cascais.

"Fashion is fun. I like it because I like to draw and it's a form of self expression. I have always collected fabrics and always been interested in cutting and sewing," he told Lusa News Agency.

Models for the fashion parade included actors from the film 'Mistérios de Lisboa' such as Albano Jerónimo, Maria João Bastos, Melvin Poupaud and Ricardo Pereira.

John Malkovich also received a special award in recognition of his career achievements from the director of the Estoril Film Festival, Paulo Branco, on Sunday.

Serbian film wins at Estoril Film Festival

The prize for Best Film was awarded to Serbian film 'Tilva Rosh' by 29 year-old Nikolai Leizac at the Estoril Film Festival, which ended on Sunday.

It tells the story of two friends who spend their first summer, after finishing secondary school, playing with their skate boards in an abandoned mine and filming 'MTV Jackass' style videos.

Leizac's first film also received the Cineuropa accolade.

The judge's special João Bénard da Costa award went to French actress Isabelle Huppert for her role in 'Copacabana' by Marc Fitoussi, which will be shown in cinemas across Portugal.

Andrey Stempkovsky, Anush Vardanyan and Givi Shavgulidze were awarded the Montblanc Best Script with 'Reverse Motion'. A special mention was also made during the festival of the photography direction carried out by Zaur

Bolotayev, for this Russian made film.

Meanwhile, Portuguese actress Joana de Verona, who starred in Raul Ruiz's 'Mysteries of Lisbon' received the L'Oreal Young Talent award.

The Meo award for the best short film went to 'Sredni Vashar' by Alana Osbourne from Belgium's national institute of performing arts and also to 'Sing Me To Sleep' by Magnus Arnesen from the Polish National Film Television and Theatre School.

Finally, a special mention was given to 'Le Dernier Instant' by Bouchra Moutaharik at the Estoril Film Festival, which took place between 5 and 14 November and featured a showing of Woody Allen's last film 'You Will Meet a Tall Dark Stranger' on its final day.

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Party in the castle promotes local produce

Carrie-Marie Bratley

Around 800 people flocked to a party held within the walls of Silves' Castle last Thursday, organised by Algarvean wine producer Rui Virginia, founder of the Quinta do Barranco Longo winery, who invited guests to sample regional food as well as enjoy a hog roast, roast chestnuts and lots and lots of wine.



Some 800 guests gathered for this year's event, organised by Quinta do Barranco Longo winery founder Rui Virginia. (Photo: Carrie-Marie Bratley / The Portugal News).

It is the second consecutive year that Rui Virginia has organised the get-together and it now looks set to become an annual occurrence. Hundreds of people, Quinta do Barranco Longo's "main clients and friends", mingled in the stunning setting of Silves' castle, which sits high on a hill top, overlooking the city below.

"Of course one of the intentions is to promote the wines but it is also an opportunity to celebrate Saint Martin's day, on which it is traditional to drink wine and eat roast chestnuts" Mr. Virginia explained to *The Portugal News*.

It certainly seemed to be a recipe for success as the area within the walls of the castle buzzed non-stop from 1:30pm to 8:00pm.

Participating at the party was the J. da Praça restaurant, from Messines, which specialises in typical 'olden-day inland' Algarve dishes like eggs with tomatoes, peas with egg and fried spare ribs, and 'milhos' (a sort of corn porridge) with pork meat.

For last week's event Fernando and Natália Gonçalves, owners of the restaurant and members of the Algarve Gastronomes' Fraternity, prepared a typical side-dish of corn porridge with lard and condiments, to complement the roast hog and chestnuts.

Quinta do Barranco Longo is a winery still in its first flush of youth even though the quality of its wines belies their recent arrival on the market. The first batches of wine were produced in the early 2000s and by 2005 more than 40,000 bottles of wine were being sold.

Production currently stands at around 150,000 bottles per year, of red, white, rosé and sparkling

wines, as the company looks forward to celebrating its 10th anniversary next year.

Over the past decade the name has established itself as a serious contender amongst Algarvean wines, which is quite surprising given that founder Rui Virginia ventured into the industry without any previous experience in wine-making whatsoever.

"When I was at University in Évora I had lots of friends who were studying agricultural engineering and went on to become enologists. They would come to the Algarve on holiday and ask how, in such a region, with so many tourists, there were no good regional wines?" he said, adding "I started from nothing".

Five years later Rui Virginia is on a fast-track to becoming one of the Algarve's most promising producers, creator of a label that is climbing the ranks within the industry.

"It was a challenge and still is a challenge. There is a lot yet to be done", he concluded.

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Event organiser Rui Virginia, with his son, and a traditional roast-chestnut seller. (Photo: Carrie-Marie Bratley / The Portugal News).

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World leaders receive Algarvean cork gifts



A total of 60 ties made from Algarvean cork are to be offered as gifts to the foreign heads of state and government representatives present at the NATO summit this Friday and Saturday in Lisbon.

"The gifts have been offered by Pelcor and are a way of promoting the Portuguese brand and Algarvean cork at an international level," said the São Brás based company owner Sandra Correia, adding that the government bore no cost regarding the gifts.

Every head of state and member of the government will receive the cork ties which are packaged in a specially designed glass engraved with Portugal's coat of arms.

Female heads of state such as Germany's Angela Merkel will receive a 'Summit Bag,' a Pelcor handbag "designed exclusively for the world leaders, in a limited edition of only eight examples," which are lined with the colours of the Portuguese flag and engraved with the coat of arms, said Sandra Correia.

US President Barack Obama will also receive a cork umbrella

as well as a cork and Swarovsky crystal dog collar engraved with the coat of arms, a 'P' for Pelcor and the name of his Portuguese water dog 'Bo'.

According to the owner of Pelcor, these gifts are a way of promoting her brand and to show that it is possible to make almost anything from cork, which contributes to the "sustainability of the Portuguese industry, Portuguese forests and awareness of the country."

Luxury cork products such as umbrellas, makeup bags, handbags, wallets, business card holders, aprons and much more from Pelcor were recently exhibited at the Modern Art Museum (MoMa) in New York and Tokyo.

Gifts made from Algarvean cork to be given to the foreign heads of state and government officials who are due to visit Lisbon during the NATO summit this week. (Photo: Luis Forra/ LUSA)



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Faro Mayor joins Jewish Heritage Centre's first walking tour



An inaugural walking tour in the downtown area of Faro, where the 1800-1945 *Retornado* (returnee) Jews lived, was held on Sunday, 14 November and was hailed a success by all who participated, amongst whom was Faro Mayor Macário Correia.

The route was planned by the Centre's co-founder Judy Pinto, who embarked on it for the first time with some 20 walkers, including Faro Mayor Eng. José Macário Correia.

"I would like to thank all involved for making the tour a great success", she said.

The award-winning half-hour video 'Without the Past' was

shown to the walkers at the Heritage Centre, to familiarise them with the history of Jews in Portugal. The actual walk then started from the Archaeological Museum, which was previously a convent, and the Cork Factory of Abraham Amram.

The group then moved on to Rua Belmarço and Rua Castilho, where the two original synagogues (quaintly, one known as the 'rich' the other as 'poor') were situated.

From there the group moved to the 'Social Club Farense', of

which Abraham Amram was a president leaving his home to the club. Most of the Jewish-built homes are relatively unchanged, and the nine windows on the top floor and what were nine doors on the ground floor, 18 in total, can still be seen, albeit modernised.

The significance of the number 18 is that in Hebrew the written 'eighteen' spells the word 'life'.

Tours can be booked by phoning 289 829 525, or 282 416 710.

The walking tour, lead by Judy Pinto, with Mayor Correia in the background.

Helping youngsters learn English in the Algarve



A branch of the Helen Doron Early English franchise is due to open on 20 November in Portimão, with a demonstration of free English language classes, games and activities for parents and children.

This new centre aims to teach children aged between three months and 14 years, the English language in an efficient and fun way with qualified teachers.

Helen Doron Early English is an international method of teaching youngsters the English language,

which has been taught in more than 30 countries since 1985. There are currently ten branches of the franchise in Portugal, in Almada, Cascais, Condeixa-a-Nova, Lisboa (Lumiar, Parque das Nações and S. Domingos de Benfica), Mafra (Malveira), Oeiras (Algés) and

Torres Vedras and now in Portimão.

For more information, please telephone 925 931 128 or email portimao@helendoron.com. Alternatively, visit their website, available in English, among other languages: www.helendoron.pt.

Drink driving and drug related crime increases in 2010

Crimes against the state as well as drink driving and drug trafficking have increased in the Algarve this year, although theft and physical violence has decreased, according to figures released by the GNR police.

According to the data, which was gathered between January and October this year, crimes against the state have increased by 52 percent, drink driving has increased by 31 percent and drug trafficking by 21.48 percent, compared to the same period in 2009.

The figures also show that the Algarve had no incidences of identity theft or racial discrimination in 2009, but these increased by 200 percent in 2010, which in reality is only two cases.

Crimes against the state, which includes disobedience and crimes against public authorities such as violence towards police increased from 213 cases in 2009

to 325 so far this year.

Cases of drink driving increased from 1,174 cases in 2009 to 1,539 cases so far this year, while cases of drug trafficking and driving without a license rose from 1,029 cases to 1,250 cases.

Thefts across the region however, have fallen by 10.15 percent, from 12,013 registered in 2009 to 10,794 until the end of October this year. Cases related to physical violence also registered a slight decrease from 2,425 to 2,204 cases.

In total, the number of crimes registered by the GNR police fell by 3.20 percent this year compared to the same time period in 2009.

Suspected drug trafficker arrested

GNR police in Albufeira arrested a suspected drug trafficker who tried to resist and attack the officers on 13 November.

According to a statement from Faro police station: "The suspect, who has already been identified for criminal activity tried to resist arrest and attacked the policemen on patrol who sustained minor injuries. A total of 75 doses of hashish and a knife were seized from the suspect."

The 37 year-old male who is from Albufeira and currently lives in the city was arrested along Largo Duarte Pacheco.

The suspect is due to be heard by a judge at Albufeira court on Monday.

On Fire with the Holy Spirit Anglo Catholic and Charismatic

Visit of Rev Peter Denton from On Fire UK

Many members of churches across the Algarve now visit the **On Fire** conference in the UK each spring and have discovered how all the above 'elements' fit together so perfectly. This annual conference gains in popularity every year.

Would you like to know more?

Now you have the opportunity to meet Rev Peter Denton here in the Algarve for a one-day Conference and Teaching in Lagoa on **Saturday November 27**, and he will also be preaching at All Saints Almancil at

10:30am and preaching and anointing with Holy Oil at the monthly healing service at All Saints Lagoa at 6:00pm on **Sunday November 28**. Don't miss this opportunity to find out more about being on fire with the Holy Spirit and to learn more about the healing ministry.

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Jesus the Healer

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ConArqEng is a one stop shop for all your project requirements. Their skilled and dedicated team of six professionals can assist in all aspects of a project, from giving advice to carrying out the designs and accompanying the project all the way through until completion.

As well as providing the initial consultation service, the team can provide architectural designs for all man-

ner of construction, be it villas, annexes, garages, commercial premises and much more.

Among its wide range of services, ConArqEng can also supervise constructions, carry out inspections, to ensure that construction is legal and take care of the entire process required to legalise an illegal build or annex.

ConArqEng's graphic designers can provide bespoke design services for all businesses and companies, including logos, business cards, catalogues, leaflets, banners and much more. The company also offers packs, where clients can choose a selection of services for a competitive price. These include the logo pack, with the design of a logo, the identity pack, offering three logo design ideas, 500 business cards, 500 letter headed sheets of paper and 250 envelopes. There is also a pack that includes the design of a five page website, which can be complemented with any service from the complete range provided. With consultancy, architecture and engineering covered by the English speaking team, ConArqEng is truly a one stop shop for all your project requirements.

Luz Décor, stunning interiors



Firmly established for eight years Luz Décor, based in Praia da Luz, prides itself on keeping abreast of the latest styles, being spot on with current interior design trends. Testament to this are the reams of eye-watering acid-coloured swatches of suede in pink, blue and lime, amongst other colours, currently being mixed with rustic and minimalist designs.

Luz Décor was also one of the first interior design companies to introduce furniture packages. But these are packages with a difference: despite comprising a set list of items, as has become the norm, Luz Décor's packages are customised to suit clients' tastes and individual design schemes, tailored to be as unique as the client.

There are set packages for one, two, three or more bedroom homes, but each individual component can be handpicked to suit the client. Once styles and colours have been decided, Luz Décor can fully kit out the home, from large pieces of furniture such as beds, sofas and dining sets, to finishing details like cutlery, placemats and even pictures for the walls. No room need be left out!

Designs can also be customised, taking into account whether they are for rental properties or family homes, done one room at a time or in one complete fitting, from ceiling to floor-tiles. Soft furnishings can be made-to-measure, and there are even options available for garden furniture and outdoor furnishings.

Driven by a desire to provide the best possible customer service and prices Luz Décor's services are kept realistic, taking into account the current economic climate. Flair and talent is free and available by the bucketful!

Clients are invited to visit Luz Décor's beautiful showroom, to discuss ideas and browse through the piles of catalogues, see the hundreds of different types of fabrics, and enjoy the process of giving properties an identity.

Founded and run by Patricia Finch, who has some 14 years hands-on experience in interior design, helped by colleague Natasha Chant, at Luz Décor nothing is too much trouble, "literally". Prior to founding her own business Patricia worked with some of the region's most prominent tourist resorts, styling the rooms as well as having furnished and revamped apartments and villas across the Algarve and beyond.

"Some people buy a property out here for rental purposes and we don't even meet them. They just tell us what they want and what they like and we go in and do the whole thing, so when they return everything is done, even the beds are made!", Patricia says.

Properties can become stylish homes in as little as six weeks and Luz Décor will personally oversee each step, every step of the way.

Covering the Algarve to Lisbon, Luz Décor is more than happy to offer free quotes, in-situ or at their comfortable showroom, which as an added bonus has ample easy parking.

Have a cosy winter with

Woodwarm



If you're looking to heat your home this winter, then look no further than Woodwarm, manufacturers, suppliers and installers of superior British-made wood burning stoves.

Wood burners always give a home a cosy feeling, but often their design means that 90% of the heat from the fire can be lost to the chimney and the outside air. Woodwarm stoves are safe, single self-contained units which eliminate the waste and put the heat back into the room where it belongs.

All Woodwarm stoves feature an air wash system. After circulating the stove, pre heated air flushes down over the double glazed door keeping the glass clean at all times.

The Algarve's Woodwarm supplier, Jason Kimpton said: "We know how to keep the glass clean, we know how to get the maximum use from your fuel, being unrivalled in our boiler, canopy, fuel, colour, legs, handles, plinth, pedestal, options because we are hand-made."

He added that each wood burner is specifically built for a client to order

in the UK, which takes as little as three weeks. Once in Portugal, a stove can be installed in a home in just a few minutes.

"We also provide a complete construction service for clients who do not yet have the chimney structures in place," said Mr. Kimpton.

Superior, clean burn efficiency means that not only is more heat achieved with less fuel, but combustion products in the flue are also reduced, causing fewer flue problems. Reduction in pollution combined with more efficiency creates a really environmentally friendly device.

As well as heating the home, Woodwarm stoves can also heat water for radiators, boilers and underfloor heating systems, as well as work with other systems such as solar panels.

"We would encourage anyone thinking of installing a wood burner this winter to contact us now. All orders made before January 1 will be exempt from the new VAT increase that will take effect next year," said Mr. Kimpton.

The Curtain Shop – Tailored to your needs

Having opened last year, The Curtain Shop, located in Lagos, possesses a vast range of quality household essentials, such as curtains, cushions, bedspreads, blinds, wallpapers, furniture, beds, mattresses and much, much more.

With over nineteen years experience in the industry in several European countries, The Curtain Shop has the knowledge and expertise to help you design the home of your dreams, with their friendly and personal service ensuring full customer satisfaction.

Their massive range of fabrics, from all over Europe, will leave you spoilt for choice and their tasteful accessories will complement your styling to perfection. With so much experience under the staff's belt, they can also provide helpful tips and suggestions.

Their speedy services, quality materials and extremely competitive prices make The Curtain Shop many people's preferred choice.

Their services include experienced design advice, full measuring and fitting, re-upholstery, curtain making, hand crafted products, renovation of furniture, among others.

Fabrics is their trade, whether it's for your new home or for a complete makeover, so you can rest assured you will find the perfect combination



among the hundreds of samples readily available in the large showroom.

Selling pillows, blinds (roman or roll), mattresses, beds, sofas, curtain rails, curtains, fabric, furniture and many more products, you must come and see the shop for yourself.

Located just one hundred metres from the Lidl supermarket in Lagos, on the left hand side of Avenida Cabo Bojador, the showroom is a good size and has a beautiful presentation, with the friendly staff always available to help on any matter.

Providing free quotations, The Curtain Shop is open on weekdays from 10am to 6pm and from 10am to 1pm on Saturdays. They do not close for lunch.

This Week's profiles:



ConArqEng

For more information, please visit the ConArqEng office, located at Loja 32 D in Urbanização Horta da Raminha in Portimão, open from 9:00am until 1:30pm and from 3:00pm until 6pm. Alternatively telephone 282 414 256 or email geral@conarqeng.pt or visit www.conarqeng.pt.



Woodwarm

For more information or free advice and quotations, please visit the website at www.woodwarmstoves.co.uk. Alternatively, email: Jason@woodwarm-algarve.com or telephone 916 713 026.



The Curtain Shop

For more information please call 282 094 164, email: thecurtainshoplagos@gmail.com or visit their shop in Lagos.



Luz Décor

For more information, contact Luz Décor on: 282 789 849, 917 771 831, e-mail: luzdecor@world.net.pt, or see website: www.luzdecorhome.com. Open Monday - Friday, from 10:00am - 6:00pm and weekends by appointment.

CASA Annual Autumn Trip



CASA members on their annual Autumn trip, this year to Tomar.

Each year CASA organises a trip for its members to an interesting part of the Iberian Peninsula. The first part of the trip, which lasted five days, was to the charming north-

ern town of Tomar where the beautiful four star Hotel dos Templários provided a comfortable base for exploring the local area. Amongst the attractions in the area are a Roman Water

Wheel, and the Convento do Cristo, which houses some amazing architectural features and was the home of the Knights Templars at one stage. There is also the first Jewish Synagogue

to be built in Portugal and a unique Match Box museum housing a collection of over 60,000 match boxes all collected by one man. Nearby is the famous town of Fátima, which was visited during an afternoon.

The next part of the trip was to Lisbon where a centrally placed luxury hotel provided home for a couple of evenings.

En route to Lisbon the Alcobaca Monastery and the charming hill-top town of Óbidos were visited. More cultural visits on the following day took in Queluz and Sintra Palaces demonstrating the luxurious lifestyles enjoyed by the Portuguese royal family. The following day provided time for 'shopping therapy' before returning to the Algarve in the evening.

For more information about CASA or a copy of a recent Newsletter please call Margaret Brito on 282 495 475.

Algarve Bowls Midweek League - 10 Nov.

Valverde cut Diamonds

Valverde continued their unbeaten start to the season with a 47-30 win over the Alvor Diamonds at this week's venue, Albufeira. Valverde taking six points to the Diamonds four points. Alvor Aces have struggled to kick start their season and stumbled again against Amendoeira, losing by 35-27 and by six points to four. The third match saw hosts Albufeira come up against league leaders PDF. Strangely, Albufeira won the match by 40-34, but PDF took six points to four to maintain their status at the top of the table. PDF have 20 points, as do Valverde, but PDF have a superior shot difference.

Albufeira and Diamonds have 12 points each, Amendoeira have eight points and luckless Aces have six. The next round of fixtures is at Valverde on 24 November.

Algarve Bowls Winter League - 13 Nov.

Greens maul Tigers and Vulcans in a flap with Cats

Alvor Greens continue their recent good form, strengthened by the return of the old warrior John Laskey, and defeated Tavira Tigers by 72-34 and by eight points to nil. Albufeira Cats

however, recovered from

their stumble last weekend and also took all eight points by defeating Valverde Vulcans by 72-34. Cats continue to head the table. Valverde Vikings also had a good day by downing the Pedras Panthers by 63-51 and by six points to two. Two of the Alvor teams clashed at Alvor, the Harlequins beating the Amigos by 57-39 and by six points to two to maintain their push for the league title. The two PDF teams also played each other and Crusaders narrowly emerged victorious by 52-46 and by six points to two. The final match saw Alvor Gladiators make the trip to Amendoeira to take on the Nuts. Gladiators came away with their third victory of the season, winning by 56-45 and six points to two.

Cats remain on top of the table by one point from the resurgent Greens. Cats with 36 and Greens with 35 points. Vikings are tucked in just behind with 34 points whilst the Harlequins remain fourth with 31. Crusaders move up to fifth on 28, Panthers have 26 and the Amigos are now on 23 points. Gladiators improve to 22, Tigers remain on 17 and Vulcans also remain on 14 points in tenth spot. Nuts drop to eleventh with 12 points just two ahead of the Sinners with 10.

Alan Clarke, League Director

Porches Rotary Club donation to Shelterbox Portugal

Porches International Rotary Club P.I.R.C. raised money at their recent Gala Charity Night to fund a ShelterBox. During their weekly Rotary meeting on 11 November, a cheque for €750 was presented by President Paul Lantau to Claire Larson, the ShelterBox Portugal representative, see photo below.

ShelterBox is a global disaster relief charity that responds quickly to natural disasters, earthquakes, floods, volcanoes, tsunamis and conflicts. A ShelterBox contains a waterproof tent that can house up to 10 people and lifesaving provisions and equipment. ShelterBox is often amongst the

earliest aid received and the tents are used as housing and additionally as medical facilities and schools. ShelterBox has closets with Rotary but is organised and managed independently.

Claire thanked P.I.R.C. for their generous funding and said that ShelterBox Portugal is in its infancy, having only recently joined the ShelterBox International family, but is now a legally registered Portuguese charity.

For more information on ShelterBox please contact Claire on 916 787 925 or e-mail: claron@mail.telepac.pt For more information on Porches IRC go to: www.rotaryporches.org.



well over €350. The regulars were joined by tourists for a fun evening that resulted in a very close contest. The Motley Crew* of Kevin Bain, Nikki and Errol Smith pipped the runners-up of Mike Wreford, Vicki and Larry Bawden by just two points. The venue is organising a

number of fundraising initiatives in the run up to Christmas. On Saturday, 27 November a sale of second-hand book takes place from 9am 'til 12 noon. In addition hand decorated candles, plates and trays will be on sale.

Algarve Bike Rides

Saturday, 20 November: Bike Ride starting in Alportel, just north of São Brás on the EN2. We meet in the centre of the village, just off the EN2 at 12.45pm for a 1.00pm start. This will be a fairly challenging ride on a mixture of dirt tracks and tarmac

Zimmerli gets a hat trick!

Max Zimmerli won the final TOFFS (The Old Fogeys Friendly Society) competition for 2010 on 11 November. Playing in fine conditions on fast greens at the Pestana Quinta da Beloura course, Zimmerli reinforced his dominance of the Society's competitions with his third straight victory. Zimmerli applied the TOFFS special 77 rule, allowing members over 77 years of age to use the Red tees! With Swiss precision and concentration, he remained impervious to cries of 'Maria' and worse from a group of 78 year olds and scored 32 Stableford points. He was followed by

Captain Ed Robbins with 30 points and Eddie Leitão with 29. Robbins took the season Grand Prix, combining points for participation and performance throughout the season. Peter Dekker has been named Captain for 2011.

The season closed with a fine lunch at the Touro Ibérico restaurant in Alcabedeche. Emotions ran so high that no one remembered to take a photo of the 11 stallwarts who played!

The TOFFS, first organised in 1999, meet about six times a year to visit Lisbon-area golf courses away from the members' base at Estoril.

Walking in the beautiful Algarve

Wednesday, 24 November - Let's Walk from Monte Seco, Loulé

A fairly easy walk of just over two hours high above the Alagibe river with great views to north and south.

10.30am start - meet in the centre of Monte Seco. Exit A22 at junction 11 and follow signs for Loulé. After passing the quarry turn left to Parragil and at the T-junction go left again. Drive straight through Parragil and down the hill after about 2km there is a sign to the left for Monte Seco. Drive right through the village and on a sharp left hand bend there are two cafes meet here.

Saturday, 27 November - Let's Walk from Val de Boi

A two hour walk through farmland and unspoilt countryside, one gradual but short climb - a gentle pace so no problem! **2.00pm start** - meet outside the church of Vale de Boi. Drive along

the EN125 from Lagos, after 13km you pass a large pottery on the left, drive straight on at the traffic lights but after 500m there is another set of lights, here you exit right to cross over the road into Vale de Boi. 200m along and there is a sign to the right for the church, turn here and the church is just up on the left.

Everyone is very welcome, just come along. While these walks are suitable for all of average fitness do remember you are responsible for your own safety so wear suitable shoes, boots or trainers, bring some water and a sense of humour. There is a charge of €5 p.p. for each walk. If it is raining please check with me that the walk is going ahead. Dr. Julie Statham. www.portugalwalks.com, www.pedalainportugal.com. Tel: Portugal 965753033. Tel: UK 08717113315. A Responsible Travel member.

St. Patrick's Society November Walk

The monthly St. Patrick's Society 'Irish Walk' will be on Saturday, 27 November, meeting at Benagil at 10:00am. It will be a

coastal walk of about 2½ hours, and lunch will be available afterwards. For more information contact John on 969459029.

Almancil Rotary Club and Zonda's Christmas Market

Almancil International Rotary Club and Zonda invite you to their Christmas Market on Saturday, 4 December from 11 am until 5pm to be held at Zonda's on the EN125, 700m from the 4 Estradas in the direction of Vilamoura. There will be music and entertainment from Georgy The Organ Grinder.. and others.

Come and taste: Homemade soup, grilled German sausages, steaks, a variety of cakes, cof-

fee, wine, beer and soft drinks, Glühwein & Schnaps and more. Come, see and buy: Books and bric-a-brac, clothes, flowers and plants, soaps, jewellery, homemade jams, a variety of teas and homemade sweets and more.

Participate in a 'Bake a Cake Competition' to be judged by 'O Melhor Bolo do Mundo'. Bring your cake at 12pm. For more information: contact: Uschi on 916357718 and Selma on 916189983.

roads and there will be cafe stop somewhere along the way.

Sunday, 21 November: Bike Ride starting in Paderne we meet in the car park at the bottom of the hill by the football stadium at 09.45am for a 10.00am start. This will be a mostly easy ride on a

mixture of dirt tracks and tarmac roads and there will be a cafe stop somewhere along the way.

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook.

Tavira bar raises €350 for Poppy Appeal

The popular Mad Hatters Riverside Bar, in the centre of Tavira, is well known for its fund raising efforts and last week a

quiz evening in aid of the Royal British Legion Poppy Appeal raised €200 and together with donations the total should be



Lisbon Players presents a trivial comedy for serious people!



A scene from the Lisbon Players' production of 'The Importance of Being Earnest'.

Having opened on 18 November for a four-week run at Estrela Hall, the Lisbon Players continues its new season with a sparkling production of Oscar Wilde's comic masterpiece, 'The Importance of Being Earnest'.

The poet, W.H. Auden, called it "pure verbal opera" and indeed the perfectly pitched wit and movement of the play do have an operatic feel as the characters escape from burdensome obligations by changes of name, fall in love on whims, reveal their origins in handbags at railway stations and suffer the wrath of potential mothers-in-law. But everything slips perfectly into place and it all ends happily as the demons of Victorian society are appeased. Treat it as an evening of pure delight or glimpse the underlying satire of late Victorian

society, but don't miss the English language production of this marvellous play.

Directed by Jonathan Weightman (responsible for the musical *Cabaret*, *Twelfth Night* and last year's *Hamlet*) and designed by Miguel Sá Fernandes (returning to Lisbon Players after a long absence) the cast includes the familiar faces of Celia Williams, Eduardo Ribeiro, Helena Afonso, Keith Davis, António Andrade and Norman MacCallum and newcomers Antoinette Keogh and Mariana Mourato.

To book: on Thursdays, Fridays, and Saturdays until 11 December at 9.30pm with a matinee on Sunday, 5 December at 4pm go to: www.lisbonplayers.com.pt or phone 213 961 946.

Wolf Valley Charity Dinner Dance

The Wolf Valley Charity Fund had a very entertaining and successful dinner and dance at Vale do Lobo's auditorium on 6 November, with 117 members and guests attending.

A silent auction had been in progress for a few days before Saturday with items such as a helicopter flight, motorised glider flights, hotel stays, a painting and other great prizes.

The evening started with Trish and Athil Raihani's 'Heads & Tails' – an hilarious game that

was new to many guests. This was followed by a splendid three course dinner by Chef Maurice Belhaj of Spikes accompanied by wines from Quinta do Barranco Longo, the supplier of all wines during the evening.

Peter Geer, President of the Wolf Valley Charity Fund, welcomed the guests and thanked the Vale do Lobo Group of Companies for its continuing support, and the local community, donors and sponsors for their considerable help over the years.

Ebenezer Scrooge – This is Your Life!

Aperitivo Performance Group's adaptation of the old Dickens favourite 'A Christmas Carol', called *Bah Humbug!*, is set in the depression years of the 30s, but the general drabness of those times is enormously enlivened by the various Spirits of Past, Present and Future. The entry of the glamorous Spirit of the Past into Scrooge's dingy bedroom, is enlightening in more ways than one.

Aperitivo have introduced a Tree of Life motif into their Spirits. The Past bears a tree in blossom because, as she says, we always look back to the past as the springtime of our youth – a time when we were young and blooming, when all the colours were clear and bright.

Although Aperitivo's plays are always basically English, it is a multinational theatre group – six in this production – the actors

also get a chance to speak their own language.

Bah Humbug! will be performed at the Museum in São Brás on 10 and 11 December, at the Holiday Inn, Armação de Pera on 15 December (dinner theatre), and at the Teatro AL-MaSRah in Tavira (diagonally opposite the Cine-Teatro in the centre of town) on 17 December.

For more information contact Aperitivo by e-mail: aperitivogroup@gmail.com, Museum São Brás e-mail: admin@amigos-museus-bras.org or tel. 966329073 or Holiday Inn e-mail: info@hialgarve.com or tel. 282320260

Photo: David Littlewood as Ebenezer Scrooge is cowed by the Spirit of the Past, played by Rachel Swarte.



'Back in Balance'

For all owners and riders of horses who have the wellbeing of the horse at heart, there will be a Seminar at Pinetrees Riding Centre, Almancil, on 28 November which you cannot afford to miss.

This Seminar, which will be given by two animal practitioners - Stefanie Drebing, Osteopath and Chiropractor, and Annemeijn Drupsteen, Physiotherapist for Humans and Horses - is aimed at achieving a harmony with your horse and focusses on the wellbeing of the horse's back. It will provide a theoretical and biomechanical look at the causes and effects of back problems and help owners

and riders become more aware of problem signs.

Stefanie Drebing has been practising for 11 years and trained in Germany and Portugal. Annemeijn Drupsteen has been practising since 2002 and trained in Utrecht and Barneveld.

The Seminar, which will run from 14.00 – 17.30pm, will be in English but with translations into Dutch, German and Portuguese if required. The cost is €10 including coffee during the break. For more information, contact Beverley Gibbons on 289394369/919363190 or by email at: pinetrees.riding@world.net.p. Reservations essential as places are limited.



Stefanie and Annemeijn

Christmas Craft Fair, Silves

We are holding a Christmas Fair, at the old Cine Theatre in Silves, on Saturday, 11 December from 10.30am to 3.00pm.

There will be a great tombola, refreshments, mulled wine and

mince pies and many interesting stalls. Admission is free and all the proceeds are to be donated to the Castelo de Sonhos.

Please come along and support your local 'people charity'.

Abandoned Animals Centre's Christmas Party

The fundraisers for the Abandoned Animals Centre invite you to their Christmas Party at the Ayamonte Tennis Club on Friday, 17 December from 8pm - 1am. Ticket price €10, to include a buffet, disco and live entertainment from the girl group 'Radioactive'.

Please RSVP to e-mail: abandoned_animals_centre@yahoo.co.uk. There will also be games and a raffle on the night, donations of raffle prizes would be most welcome. In order to keep costs down we ask everyone to bring a plate of food to share for the buffet. If possible please specify what dish you will be bringing at the time of booking

to ensure we can supply a good variety of food. The tennis club will provide a pay bar.

We hope you will come along and support us and the animals as well as having an enjoyable time.

When booking please arrange to pay for your tickets in advance by replying to the e-mail or contacting one of the following. If you are in Spain - Maureen Edmunds on 959053615 or e-mail: mo_b.unique@btinternet.com. If you are in Portugal - Caz Woodward on 281952808 or e-mail: peterandcas.flores@gmail.com. (The Tennis Club is opposite the Garden Centre on the N-431.)

More Community News stories on pg. 58



There was a raffle with prizes including a gift hamper from Apolónia, a dinner at Bistro des Z'Artes, wine, and flowers by Suzannah's who also donated the beautiful table decorations.

The highlight of the evening was the auction conducted by Vale do Lobo's CEO Diogo Gaspar Ferreira. As usual Diogo was very entertaining. Auction items included flights by SATA and one week's stay at the Dom Pedro Hotel in Madeira, a gourmet Michelin starred restaurant package, paintings by John Dix and Almancil artist Aderita Silva and, rounds of golf with well known golf pros Jarmo Sandelin and António Sobrinho. Particularly enjoyable was the auction-

ing of one month's rental of a hot tub from Good Life Spas.

The evening raised just over €11,000 bringing the total raised this year to €50,000.

In 1999 the Wolf Valley Charity Fund (WVCF) was founded by a group of Vale do Lobo residents with the aim of supporting local Portuguese charities and people in need, including the disabled, the underprivileged and socially deprived. For more information about the Wolf Valley Charity please visit www.wolfvalleycharity.com

Photo: Members and guests of the Wolf Valley Charity Fund enjoying their annual Dinner Dance.

Lagos Tourist Information Centre

The Tourist Information Centres in Orange Square, and the one by Boat Roundabout in Lagos have combined, and the new Tourist Information Centre is now located in the old Câmara (municipal) building, in the Boy King Square. Their new address is: Antigos Paços Do Concelho, Praça Gil Eanes Lagos, tel: 282764111 or 282763031 and their opening hours are: 9.30am – 6pm.

PREVIEW

South - Cross Country Championship

Albufeira will be hosting the European Cross Country Championships, the best athletes in the best setting. The combination of the beauty of the location around Albufeira and the course's natural obstacles will be providing both athletes and the general public with a different kind of experience.

12 December at Albufeira Pista das Açoteias from 11am.



UP AND COMING CONCERTS

NOVEMBER

LA CHANSON NOIRE 27 Nov at FNAC Guia, Algarve from 5pm. Free entrance.

SLIMMY 27 Nov at FNAC Guia, Algarve from 10pm. Free entrance.

IMOGEN HEAP 28 Nov at Lisbon Aula Magna from 9pm. Tickets from €25.

AUREA 28 Nov Viseu FNAC from 5pm. Free entrance.

PARKWAY DRIVE 28 Nov at Santiago Alquimista, Lisbon from 9pm. Tickets from €20.

ALICE COOPER 29 Nov Campo Pequeno, Lisbon from 9.30pm. Tickets from €27.50.

JAMES WALSH 30 Nov Santiago Alquimista, Lisbon from 9.30pm. Tickets from €20.

DECEMBER

CHROMATICS 2 Dec at Lux Lisboa from 10.30pm. Tickets from €20.

JAMES 3 Dec at Campo Pequeno, Lisbon from 10pm. Tickets from €25.

HERBIE HANCOCK 7 Dec at Campo Pequeno, Lisbon from 9.30pm. Tickets from €22.

DEFTONES & TRICE 9 Dec Campo Pequeno, Lisbon from 8pm. Tickets from €30.

LADY GAGA & SEMI PRECIOUS WEAPONS 10 Dec Pavilhão Atlântico, Lisbon from 8.30pm. Tickets from €50.

CORSAGE 11 Dec Santiago Alquimista, Lisbon.

30 SECONDS TO MARS 16 Dec Pavilhão Atlântico, Lisbon from 8pm. Tickets from €28.



Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Alrou agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

MGMT & AMITH WESTERNS

18 Dec Campo Pequeno, Lisbon. Tickets from €30.

JANUARY

DEOLINDA 29 Jan Coliseu dos Recreios, Lisbon. Tickets from €15.

THE YOUNG GODS 30 Jan Santiago Alquimista in Lisbon.

FEBRUARY

RODRIGO LEÃO 5 Feb at Coliseu dos Recreios, Lisbon.

SKUNK ANANSIE 7 Feb Coliseu, Oporto from 9pm. Tickets from €25.

8 Feb Coliseu dos Recreios, Lisbon from 9pm. Tickets from €29.

THE SCRIPT 14 Feb Coliseu dos Recreios, Lisbon from 9pm. Tickets from €22.

KATY PERRY 20 Feb Campo Pequeno, Lisbon from 8pm. Tickets from €25.

MARCH

MARIA GADÚ 11 Mar at CCB in Lisbon. 12 Mar at Hard Club in Porto.

KATIE MELUA 13 Mar Campo Pequeno, Lisbon from 9pm. Tickets from €25.50.

14 Mar at Oporto Coliseu from 9pm. Tickets from €30.

ROGER WATERS 21 Mar & 22 Pavilhão Atlântico from 9pm. Tickets from €40.

APRIL

NAS & DAMIAN MARLEY 14 Apr Pavilhão Atlântico from 8.30pm.

JULY

BON JOVI 31 Jul Parque da Bela Vista, Lisbon. Tickets from €55.



NORTH

DANCE

Cinderella until the 29 November at Balletteatro Auditorium in Oporto. Call 225 508 918.

EXHIBITIONS

The Tale of Abel Salazar until 27 November at Museu Nacional Soares dos Reis on Rua D. Manuel II in Oporto.

Porto Multiplas exhibition of serigraphy about Oporto at Restaurant Via Garret until 30 November.

Photographs on a Journey by João Tuna at Teatro Nacional São João in Oporto until 18 December.

Look Up! Natural Porto art Show about Oporto architecture and design throughout the city of Oporto until 19 December. Visit www.lookupporto.com for more information.

Bodies Revealed at Congress Centre of Alfândega in Oporto until 31 December.

It's Not My Fault sculptures at Berardo Modern and Contemporary art museum until 9 January 2011.

Let's Talk About Houses Berardo Modern and Contemporary art museum until 16 January 2011.

Fragments at Berardo Modern and Contemporary art museum until 23 January 2011.

FAIRS

ExpoCasamento on 21 and 22 November from 2.30pm until 11pm at Pavilhão Multiusos in Gondomar. 27 and 28 November at Pavilhão Multiusos in Guimarães. Call 961 104 656.

Porto Belo market inspired on the London Portobello market every Saturday at Praça de Carlos Alberto in Oporto from 11am to 5pm.

MUSIC

Guimarães Jazz until Saturday, 20 November at Vila Flor Cultural centre.

Mozart code on Saturday, 20 November at Casa da Música in Oporto from 6pm. Tickets €16.

Carlos Martins Quintento on Saturday, 20 November at Oporto Casa da Música from 10pm as part of the Jazz Galp. Tickets €10.

Remix Ensemble on Sunday, 21 November at Oporto Casa da Música. Tickets €10.

Moonspell Tuesday, 23 Nov at Casa da Música in Oporto from 10pm. Tickets €22.50.

OuTonalidades until 18 December at Estarreja Cine-Teatro in Oporto. Call 234 811 300.

SPORT

Reebok Fitness Convention on Saturday, 20 November and Sunday, 21 November at Guimarães Multiusos Centre with workshop Master classes.

Bridge Tournament on Saturday, 27 November at Aquafalls Hotel in Gerês. Call 962 138 559 or 253 649 000.

THEATRE

T3+1 Tchekov until Sunday, 21 November at TECA in Oporto. Tickets from €10.

Canto do Cisne e os Malefícios do Tabaco by Anton Tchekhov until 21 November at Carlos Alberto theatre in Oporto. Call 223 401 900.

The River Guardian at Palmilha Dentada Theatre in Oporto until 3 December. Tickets: €10.

WORKSHOPS

Voice workshop with Birgit Wegemann on Friday, 26 November from 10.30pm at the Balletteatro auditorium in Oporto. Tickets: €40 aimed at adults with and without any experience. Call 225 508 918 or 937 631 900.



A new joint venture.....

Christmas Fayre 2010

Barlavento English School,
Saturday, 27th of Nov, 10.30am to 2.00pm

New and used books, ladies fashion, plants, home produce, cards, paintings, games, tombola, Father Christmas, mulled wine, raffle and much, much more. Free entry.

By kind permission of the staff at Barlavento English School

St. Vincent's Anglican Church, Algarve
part of the Church of England, Diocese in Europe and the Anglican Communion

m Madrugada

Info: Marlene/Les 918 966 015

CENTRE

CHILDREN

Vegetable Animals on Saturday, 20 November at Gulbenkian Foundation garden in Lisbon from 2.30pm. Tickets: €7.50.

COMEDY

Sex? Yes Please until 27 November at Teatro Independente in Oeiras from 9.30pm.

CONFERENCES

Japanese Art conference on Tuesday, 23 November discussion on where Japanese art originated from held by Julia Hutt at the Gulbenkian Foundation in Lisbon. 30 November talk held by João Paulo Oliveira e Costa on religious art in Japan.

DANCE

La Sylphide on Saturday, 20 November until 18 December at Teatro São Carlos in Lisbon.



EXHIBITIONS

Africa: See You, See Me! until 28 November at Belém Cultural Centre. Call 218 170 828.

My Lisbon by Jacinto Luís until 30 November at Lisbon Casino.

Jacinto Luís paintings at Estoril Casino in Lisbon until 30 November, from 3pm until midnight. Call 214 667 700.

Casa-Carrossel by Fátima Medonça until 31 December at Gallery 111 in Lisbon. Call 217 819 907.

Bicos by Eduardo Batarida until 31 December at Gallery 111 in Lisbon.

Regis Gonçalves paintings until 4 December at Galeria Colorida on Rua Costa do Castelo in Lisbon.

School at Gulbenkian Foundation in Lisbon until 19 December. Entrance is free.

Moçambique at AAAIO at Largo da Luz in Lisbon until 31 December. Call 214 351 054 for more information.

Professores diverse exhibition by several artists at Gulbenkian Foundation in Lisbon until 2 January, 2011. Entrance €4.

Let's talk about Houses architectural exhibition until 16 January, 2011 at Cascais Cultural Centre.

Res Publica at Gulbenkian Foundation in Lisbon until 16 January, 2011. Entrance €4.

Century XXI until 27 February at Arte Centre in Oeiras. Call 914 111 400.



MUSIC

Houdini Blues & Les Dindings on Saturday, 20 November at Maxime in Lisbon. Tickets from €8. Call 213 467 090.

Shakira 21 Nov Pavilhão Atlântico, Lisbon from 9pm. Tickets from €35.



Jamie Lidell on Monday, 22 November at Lisbon Casino.

Joe Satriani 22 Nov at Campo Pequeno, Lisbon from 9pm. Tickets from €25.

Macy Gray 23 Nov Aula Magna from 10pm. Hard Club in Oporto from 10pm. Tickets €25.



Pedro Abrunhosa 23 Nov at Coliseu, Lisbon from 9.30pm. Tickets from €23.

Gogol Bordello 24 Nov Campo Pequeno, Lisbon from 9pm. Tickets from €23.



Tony Carreira 26 Nov & 27 Pavilhão Atlântico, Lisbon from 10pm. Tickets from €15.

Big Voices on Sunday, 21 November at the Gulbenkian Foundation in Lisbon from 7pm.

Rio Cunene Kronos Quartet on Sunday, 21 November at Belém Cultural Centre in Lisbon from 9pm.

Bach cycle on Wednesday, 24 November at the Gulbenkian Foundation in Lisbon from 7pm.

Gulbenkian Orchestra on Thursday, 25 November and Friday, 26 November at the Gulbenkian Foundation in Lisbon from 9pm.

LITERATURE

Lev Tolstói Centro Cultural de Belém dedicates two days - 20 and 21 November to renowned Russian writer Lev Tolstói (1828-1910). Includes photographic exhibition, presentation of the film War and Peace and talks about the writer and his works. Free entrance.

THEATRE

Hugie Before Breakfast on Wednesday, 24 November until 19 December at Almada Theatre.

WORKSHOP

The Wonderful World of Comics until 21 November at Belém Cultural Centre from 11.30am

SOUTH

ALGARVE HISTORY

The Algarve History Association's visit to São Domingos from Sunday, 21 November to Tuesday, 23 November. Programme: Sunday, 21 November – Evening: Presentation on the Mines by Peter Booker followed by Dinner. Monday, 22 November – Morning: Guided Tour by Dr. Rui Guita. Evening: Dinner followed by a concert performed by the Lacerda Quartet. Tuesday, 23 November – Morning: Film about the Social Impact of the Mines.

BALL

St. Andrews Society Algarve on Saturday 27 November from 7pm. Music by Sounds of Islay Ceilidh Band at Le Meridien Hotel Penina in Portimão. Tickets: €36 for members €38.50 for non members. Call Kathy on 919 635 279 for tickets.

CINEMA

O Desassossego film by João Boitelho on Thursday, 25 November screened at TEMPO theatre in Portimão. Call 282 402 475 / 961 579 917.

Black Night Film Festival from Wednesday, 24 November until 5 December at Tavira cinetheatre. Tallinn Black Nights Film Festival is a unique event combining a feature film festival with the sub-festivals of animated films, student films and children/youth films. The festival aims to present audiences a comprehensive selection of world cinema in all its diversity with the emphasis on European films, providing a friendly atmosphere for interaction between the audience, Estonian filmmakers and their colleagues from abroad. Tallinn Black Nights Film Festival consists of the main programme, four sub-festivals, as well as film and co-production markets.

CHARITY

Rotary Club solidarity evening on Saturday, 20 November at Vilamoura Casino from 9pm.

Aboim Ascensão Childrens Home gala with Michael Jackson tribute show, dinner and auction on Friday, 26 November at Vilamoura Casino from 9pm. Tickets: €60 (donated to the home). Call 289 822 039 / 2889 804 989.



CHRISTMAS

São Lourenço fair Saturday, 20 November at Quinta Shopping in Quinta do Lago from 10am to 4pm in aid of ACCA.

Nandi fair on Sunday, 20 November at Mercado do Levante in Lagos in aid Nandi. **Côrte-Real Spirit of Christmas Fayre** on Saturday, 27 November and Sunday, 28 November in aid of Madrugada charity. Entrance: €2 including a complimentary glass of mulled wine. Call 912 737 762 / 918 980 199.

Fair at Barlavento English school on Saturday, 27 November in aid of Madrugada charity.

Spirit of Christmas fair on 1 Dec at Oceano Atlântico in Portimão. 8 Dec at Vila Sol Hotel in Vilamoura (see advert on page 14).

The Angels Christmas Cracker Show songs, comedy, drama and festive fun on Saturday, 4 December at Holiday Inn, Armação de Pêra. Tickets: €29 including seasonal buffet and drinks 282 320 260 or 966 086 181. Visit www.hialgarve.com or www.theangelschristmasgroup.com. **Vale Verde International School Christmas Fair** on Saturday, 11 December. Free admission. Santa's Grotto, bouncy castle, games, sports, raffle, prizes, food, mulled wine, dance performances and more. Located on EN 537 in Burgau from 2pm - 5pm. Contact Person: Blaine Harris at bharris@vvis.com or 282 697 205.

Castelo de Sonhos Fair on 11 December from 10.30 to 3 pm at the old cine theatre in Silves. Lots of stalls, including paintings, crackers cards, calendars and ideas for Christmas gifts. Knitwear any many other attractions. Also we have Tony from the As Aves smoke house where you can buy or order goodies for now or Christmas, and Wendy with cheeses chutneys and preserves. All profits will be donated to the Castelo de Sonhos. At the moment the Castelo are struggling to provide nappies (any size) to the many babies of families that are registered with the charity. Bring anything that you can with you to help the charity.



CHILDREN

Adventure in the Attic of Dreams on Saturday, 20 November and Sunday, 21 November at Olhão Municipal auditorium from 4pm. Call 289 710 170.

Animals and Us on 20 November – be a vet for a day. 27 November – horse and donkey rides. Call 282 480 730.

DANCE

Scottish Country Dancing every Monday evening at the International School of the Algarve, Porches, from 7.30pm to 9.30pm. Call Mardie Cunningham on 282356029 or e-mail mardie@sapo.pt.

EXHIBITIONS

Paintings by Ana Cassiano, Daniela Laginha and Pierre Chevron at Déjà Vu in Ferragudo gallery until 20 November. Call 912 876 646.

The Moment Paintings by Romy at Praça do Mar Art gallery in Loulé until 21 November.

Military Operations exhibition at Lagos Regimental warehouse until 29 November.

Jeanne Peucherin paintings at São Brás de Alportel municipal gallery until 30 November. Call 289 841 959.

Olhar Estaco (photography) by Carlos Medeiros at Zem Arte gallery in São Brás de Alportel until 30 November.

NECI Art Exhibition organised by Dra. Maria Eduarda Santos in the old Câmara Municipal Building in Praça Gil Eanes, Lagos. Art by NECI artist Carlos Frausto, supporting artists, Lilla Radocz, Amanda Deça and David Haines until 31 December. **Paintings, sculptures, ceramics and hand-crafted items for the home** created by 35 international artists. Current exhibition at Corte-Real gallery in Paderne, includes American artist Jeanine Leclair, Member of the Pennsylvania Academy of Art. Until 31 December. Open Thursday to Sunday 11am until 5pm. Call 918 980 199 or 912 737 762.

Shintaro Nakaoka at São Lourenço Cultural Centre in Almancil until 1 December. Call 289 395 475.

Golf Stream at Vilamoura Estrada de Albufeira, Aldeia Hípica until 12 December. Free entrance.



Mikki F Arab influences at Café Inglês in Silves. Call 282 442 585.

Habits and Customs of Monchique at Parque da Mina in Monchique until 31 December. Call 282 911 622.

100 Anos da 1ª Republica em Tavira at the Music Academy of Tavira. Ongoing until 31 December. Call 281 320 500.

Ten Monumental British Sculptures Exhibition at Cerro da Vila Roman Archaeological Centre in Vilamoura until 31 December. Entrance: €5. Call 289 312 153.

Letters and Colours, Ideas and Authors of the Republic at Tavira library until 31 December.

Estados D'Alma by Eduardo Dias at São Brás de Alportel gallery until 31 December. Call 289 840 000.

City and Rural Worlds at Tavira museum and Palácio gallery until 16 June, 2011.

FAIRS

Sweet Potato Festival from Friday, 26 November until Sunday, 28 November at Aljezur multipurpose facility. Call 282 990 010.

MUSIC

Zé Manel Martins 20 November 8.30 pm at Café Inglês in Silves.

Men Eater 20 November at Bafo de Baco in Loulé.



Lagos Fado competition on Saturday, 20 November at Lagos Cultural Centre from 9.30pm. Call 282 770 450.

Iberian choirs festival on Saturday, 20 November at Faro auditorium at the Algarve Regional Conservatory from 9.30pm.

Bands from Here on Saturday, 20 November at Faro Lethes theatre from 9.30pm. Tickets: €7. Call 289 888 110.

In Têto Trio on Sunday, 21 November at São Brás museum from 5pm. Tickets: €10. Call 966 329 073 or 917 112 128.

Jazz Club on Sunday, 21 November at São Brás Museum from 5pm.

Marenostrom on Sunday 21 November from 3 pm at Café Inglês in Silves.

Cultural Week of Lagos Academy from Monday, 22 November until Saturday, 27 November at Lagos Cultural Centre from 9.30pm. Tickets: €20 for all 6 concerts. €6 per concert. Call 282 770 450.

Quartet Lacerda on Monday, 22 November at Hotel São Domingues in the Alentejo. Tickets: €25. Book by email to lynnne.booker@iol.pt or recepcao@hotelsaodomingos.com.

Consort Al Gharb on Friday, 26 November at São Brás Museum from 8.30pm.

Almandrava Fado Gala on Friday, 26 November & Saturday, 27 November at Santa Luzia Civil parish from 9.30pm.



Michael Jackson tribute show daily at Portimão, Loulé and Monte Gordo Casinos from 10.30pm. Call 289 310 000.

New Orleans Jazz Band at Casa Inglesa restaurant in Portimão every Thursday. Every Saturday at Tivoli Hotel in Lagos from 8.30pm. Call 935 086 365 or visit www.algarvejazz.com.

SPORT

São Brás 80km BBT Marathon from Sunday, 21 November from 9am in São Brás de Alportel.

Regional Walk on Sunday, 21 November in Lagos. Meeting at ABC OS Espichenses headquarters from 9.30am.



Walk on the Ria Formosa nature park on Sunday, 21 November at Faro Gambelas university from 10am.

World Championship in Artistic Roller Skating from Tuesday, 23 November until 4 December at Portimão Arena.

Bowls Crown Green and Lawn Bowls at Amendoieira. Crown Monday and Thursday, Lawn Tuesday and Friday. Start 10am. All welcome, non members pay €8. Call Peter Clarke 966 169 747 (Crown), Peter Moss 961 165 478 (Lawn).

THEATRE

Por entre Valados on Saturday 20 November by the Luar Theatre group at Loulé municipal theatre.

Aparato on Saturday, 20 November from 9.30pm and Sunday, 21 November from 5pm at Tavira Espaço da Corredoura.

Temporality on Saturday, 20 November at TEMPO theatre in Portimão from 4pm. Entrance is free. Call 282 402 475 / 961 579 917.

The Gin Game on Wednesday, 24 November and Thursday, 25 November from 7pm at the Holiday Inn in Armação de Pêra. Call 282 320 260.



QUIZ

St Patrick's Society Quiz Night on Friday, 26 November in Lagoa at Brasserie Rosal, Vale del Rel from 7pm. To book, contact Jenny Gannon, 282 352022, jennygy@googlemail.com.

CARBOOT SALES

Albufeira Saturday, 20 November opposite Calijos market.

Silves Saturday, 20 November near Fissul and Modelo.

Portimão Sunday, 21 November at fairground.

São Brás de Alportel Sunday, 21 November near the Ciclo school.

Calijos in aid of the Abandoned Animals Centre, first Saturday of the month at Calijo Park near Vila Nova de Cacela.

Carboot and carvery lunch every 4th Sunday of the month at the Quinta at Fonte do Bispo. Call Cas on 281 952 808.

MARKETS

Loulé Saturday, 20 November at Rua Nossa Senhora da Piedade facing the St António convent.

Vale Formoso (Tavira) Saturday, 20 November at fairground.

São Brás de Alportel on Saturday, 20 November at fairground.

Vila Nova de Cacela (VRS Antóniot) Sunday, 21 November at fairground.

Odiáxere (Lagos) Monday, 22 November near square.

Messines Monday, 22 November at fair square.

Quarteira (Loulé) Wednesday, 24 November at Fonte Santa.

Boliqueima (Loulé) Thursday, 25 November near church.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com

Faro Hospital

SIR, Your readers may be reassured that the best attention was available to me at Faro Hospital's Urgência Department this morning.

I unexpectedly had reason to use it at 7.30am and was greeted with efficiency and a smile. By 10.30am I could go home after an assessment, x-ray, blood test and an emergency endoscopy to push down an obstruction. The procedure was carried out by a most competent doctor assisted by a reassuring nurse. The equipment was up to date and the follow up advice thorough. All the staff were friendly and when my rudimentary Portuguese failed me there was always someone on hand with excellent English.

Not being a resident, all this was available to me on production of my British Passport.

DUDLEY BROWN, Estoi

Talking of poetry ...

SIR, Ron Lavery (Letters, 6 Nov.) misses a couple of crucial points when talking about poetry. I didn't read the poem he talks about so can't help him with its meaning, but would point out that meaning is not the most important part of poetry.

For starters he misses the whole point of haiku. Talking about their structure doesn't help. The structure for the senryu is identical, but one is jokey and frivolous, whereas the other is wistful and enigmatic.

The senryu might go like this: Cleanliness is next to godliness; that's okay,

I'm an atheist.

Whereas a haiku should leave us with an uncertain ending, and should also, if we are being strict, hint at a particular season of the year:

Each night I see the gold chrysanthemum unclench its fist by fingers.

A nice image, and the structure is right, but it is a poor haiku. It is definite. The next one is better, but still not right:

Are the butterflies of autumn searching for spring leaves blown on the wind

What you have here is the thought as image. That is the whole point of the poem, not some silly structural ornament such as rhyme. The best examples of this kind of writing in English are the poems of H.D. (Hilda Doolittle).

Free verse has nothing to do with being devoid of rhyme or metre. Jules Laforgue, and his mates, and the early Eliot, wrote free verse. It is full of interesting metres, and masses of internal rhyme. The fact that Mr Lavery can't hear it means he needs a spot of assistance.

Ask me to lunch one day and I'll tell you what I mean. Once, long ago, I wrote a whole book on the subject.

JOHN CLARE, Arão

Right to believe

SIR, This year, the Organisation of the Islamic Conference (OIC), linking 57 countries with majority or significant Muslim populations, will once again introduce the Defamation of Religious Resolu-

tion in the United Nations.

It will allow governments the power to determine which religious views can and can't be expressed in their country, and it gives the state the right to punish those who express 'unacceptable' religious views as they see fit. In effect it makes persecution legal.

It aims to criminalise words or actions deemed to be against a particular religion, especially Islam. It has the effect of providing international legitimacy for national laws that punish blasphemy or otherwise ban criticism of a religion. It is due to be voted on in the UN General Assembly at the end of the year.

This year there is a real possibility it could be defeated – with YOUR signature, YOUR support and YOUR prayers.

Anyone interested in signing the petition will find it on the internet by typing in Right to Believe Petition.

Millions of Christians around the world share our faith, but not our freedom. Their right to worship, to share their faith, even to openly acknowledge that they are Christians may not be defended by their governments.

Freedom is precious. Let's use it for our brothers and sisters. Please sign the petition.

TONY & LOIS HERRINGTON, By e-mail

Winter Rain

This morning
A wheelbarrow of water
Red petals swim around
Finally I have an aquarium.
Summer wine long since gone

Sunlight and rain
In earnest competition
Deep shadows
Dark clouds sail northwesterly
Take October's dregs with you

JAN OSKAR HANSEN

António Pedro Cebola - Piano Recital



Photo: Vale do Lobo

Lucky the people who were able to attend the Piano Recital in Vale do Lobo last Saturday!

The young Portuguese pianist, António Pedro Cebola, gave his first recital on 13 November in the acoustically excellent auditorium of Vale do Lobo to great applause. The multi-national audience was treated to a varied programme of music by Bach, Liszt and Chopin and it became obvious that here is a young pianist who should be watched.

He played the demanding programme with great nuance and sensitivity, and it was particularly in the Liszt Sonata that his virtuosity sparkled. The difficult Bach/Busoni 'Chaconne' was attacked with great aplomb, and in the two Chopin pieces António was able to convey lyricism and pure feeling.

António is at the beginning of a promising performing career. He comes equipped with a Masters degree from the University

of Évora and is now under the tutelage of the eminent pianist and teacher Paul Crossley in London. The combined sponsorship of Vale do Lobo and the Amigos de Musica de São

Lourenço (AAMSL) is helping with his formation and preparation for what will obviously be a remarkable performing career. We wish this talented young man an excitingly good future.

Around the Town

Two weeks ago I got a parking ticket. I have parked in the same spot for months, maybe even years. And of course I'm not alone parking on the pavement to ease into a space or create my own. In the USA I would be towed in minutes, but here that seems as good as street parking. But that day the Cascais police decided to work.

The ticket was for €30 considerably less than the one my friend Suzy received last week for both talking on her mobile while driving and not having her car inspected on time either. I debated whether to pay the ticket or not, but finally strolled to the Rua da Policia in downtown Cascais to inquire about it. First I went to the main police station and was greeted by two smoking policewomen. I showed them the ticket and they said "Not here." In bad English they directed me to the Town Hall, so off I went but with doubts about paying there. Then I saw another policeman in a different doorway and asked him where I could pay. He said, in good English, for me to go above the courthouse, out of the center of town, and pay there. I looked puzzled as to the location and asked again where it was. Then he looked at me and said, "I'll tell you what: you take that ticket and put it into your pocket and just forget about it." And that's what I did.

It's a good thing I wasn't stopped while driving, as the only Portuguese driving license I have had for the past eleven months has been a ragged piece of paper from the ACP stating that I can drive on the Portuguese mainland. My proper license was stolen last January and only arrived yesterday, eleven months after applying for a new one. I was comforted all these months by a kind lady at the ACP (Portuguese Automobile Association) who told me some people wait for more than a year and a half for their



replacements.

The Estoril Film festival was in town this week. If you didn't know about it, then you could number among many I spoke to as well. "I didn't know that was on" two friends told me when I met them in Jumbo yesterday. For those of us who managed to get the information (www.estorilfilmfestival.com), the offerings and discussions were of New York quality. On Friday night I heard John Malkovich discuss acting with Steven Frears who directed him in "Dangerous Liaisons."

Portuguese film students, who predominated the audience, asked questions from the meticulous to the ridiculous. Films ran all week ending with a Woody Allen screening (starting one hour late) of his new movie "You Will Meet a Tall Dark Stranger." Some days the crowds were respectable, other days embarrassingly light. Portugal needs a fast track course in PR, publicity and marketing.

On the positive and well publicized side, Oeiras International School (www.oeirasinternationalschool.com) held its official opening last Tuesday afternoon. The illustrious mayor of Oeiras attended with about one hundred parents, students and friends of the school. It was exciting to see this project born and flourish in what some papers are calling "dire financial times" for Portugal. Still, football games go on, the supermarkets are busy and Mercedes cars dot the highways. Maybe that's the way it will always be here: on the brink of disaster and yet surviving in the sunshine.

patwestheimer@gmail.com

Portuguese for Beginners

with Emília Rosendo

Read the sentences which follow:

O **nosso** carro é branco. ► *Our car is white.*
A **nossa** bicicleta é branca. ► *Our bike is white.*
Os **nostros** carros são cinzentos.
► *Our cars are grey.*
As **nostras** bicicletas são cinzentas
► *Our bikes are grey.*



⇒ Write sentences using the words in brackets. Use "nosso", "nossa", "nostros" or "nostras", the correct verb form and ending as in the example:

► (o carro/ estar na garagem)
O **nosso** carro está na garagem.

a) (o comboio/ estar meia hora atrasado)
b) (os barcos/ ser estreito e pequeno)
c) (o metro/ parar perto do hospital)
d) (as carrinhas/ ser espaçoso e cómodo)



LESSON 46

"nosso", "nostros", "nossa" and "nostras" - our "Meios de Transporte" - Means of Transport

- e) (a mota/ ser rápido e prático)
- f) (a bicicleta/ ser de montanha)
- g) (os triciclos/ estar no jardim)
- h) (o avião/ partir às 5 da tarde)
- i) (o navio/ chegar às 10 da noite)
- j) (o autocarro/ avariar frequentemente)
- k) (a canoa/ ser novo)
- l) (os eléctricos/ ser antigo e lento)
- m) (os táxis/ não ser amarelo)
- n) (os helicópteros/ não ser privado)

⇒ Organise all means of transport above in three groups - Terrestre/ Marítimo/ Aéreo - and add the following: o TGV, o camião, a avioneta, o elevador, o iate, o jacto, o veleiro, a autocaravana, as escadas rolantes, o submarino

Terrestre	Marítimo	Aéreo

Completed exercises can be corrected either by scanning the hardcopy onto your computer or copy and download exercises from our online pages at: www.theportugalnews.com. Send it/them as an attachment(s) via e-mail to: lessons@theportugalnews.com. Emília Rosendo will then correct and return to your e-mail address.

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
18 NOV-24 NOV

SBC

- 1**
Devil
Chris Messina, Jacob Vargas
22.00 (23.55 Fri & Sat)
Despicable Me
Animation PV
(10.25 Sat & Sun) 13.15-15.25-17.35-19.50
- 2**
Life As We Know It
Josh Duhamel, Katherine Heigl
(11.20 Sat & Sun) 16.10-21.00 (23.30 Fri & Sat)
- You Again**
Kristen Bell, Jamie Lee Curtis
13.50-18.40
- 3**
Red
Bruce Willis, Morgan Freeman
14.05-16.30-18.55-21.20 (23.45 Fri & Sat)
- Toy Story 3**
Animation PV
(10.15 Sat & Sun)
- 4**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
(12.25 Sat & Sun) 15.30-18.35-21.40
- 5**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
(10.40 Sat & Sun) 15.00-18.05-21.10 (00.20 Fri & Sat)
- 6**
Saw 3D
Tobin Bell, Costas Mandylor
13.30-15.35-17.40-19.45-21.50 (00.35 Fri & Sat)
- Marmaduke PV**
Owen Wilson, Lee Pace
(10.00 Sat & Sun)
- 7**
The Social Network
Jesse Eisenberg, Andrew Garfield
13.15-16.00-18.45-21.30 (00.15 Fri & Sat)
- Cats & Dogs 2 - PV**
Chris O'Donnell, Bette Midler
(10.20 Sat & Sun)
- 8**
The Other Guys
Mark Wahlberg, Will Ferrell
14.30-19.00 (00.25 Fri & Sat)
- Eat Pray Love**
Julia Roberts, Javier Bardem
(10.10 Sat & Sun) 16.05-21.25
- 9**
Paranormal Activity 2
Sprague Grayden, Katie Featherston
22.10 (00.30 Fri & Sat)
- The Owls of Ga'Hoole**
Animation PV
(10.30 Sat & Sun)

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
18 NOV-24 NOV

CASTELLO LOPES

- 1**
The Town
Ben Affleck, Jeremy Renner
12.45-15.20-18.15
- Devil**
Chris Messina, Jacob Vargas
21.20 (23.50 Fri & Sat)

www.theportugalnews.com



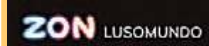
Castello Lopes
Cinemas

TEL: 707 220 220
www.castellolopescinemas.com



UCI Cinemas

TEL: 707 23 22 21
www.uciportugal.pt



Zon Lusomundo
Cinemas

TEL: 707 24 63 62
www.zonlusomundo.pt

- 2**
Saw 3D
Tobin Bell, Costas Mandylor
13.15-15.15-17.15-19.15-21.30 (00.05 Fri & Sat)

- 3**
Life As We Know It
Josh Duhamel, Katherine Heigl
12.55-15.30-18.25-21.00 (23.30 Fri & Sat)

- 4**
Despicable Me
Animation PV
12.50-14.55-17.00-19.05

- Eat Pray Love**
Julia Roberts, Javier Bardem
21.15 (00.00 Fri & Sat)

- 5**
You Again
Kristen Bell, Jamie Lee Curtis
13.05-15.55-18.20

- Paranormal Activity 2**
Sprague Grayden, Katie Featherston
21.45 (23.50 Fri & Sat)

- 6**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
15.10-18.10-21.10 (00.10 Fri & Sat)

- 7**
Red
Bruce Willis, Morgan Freeman
13.20-15.45-18.35-21.25 (23.55 Fri & Sat)

- 8**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
13.00-15.50-18.50-21.40

- 9**
The Social Network
Jesse Eisenberg, Andrew Garfield
13.10-15.40-18.30-21.35 (00.15 Fri & Sat)

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- 1**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
12.40-15.30-18.30-21.30 (00.20 Fri & Sat)

- 2**
Harry Potter 7: Part 1
Daniel Radcliffe, Emma Watson
12.40-15.30-18.30-21.30 (00.20 Fri & Sat)

- 3**
Paranormal Activity 2
Sprague Grayden, Katie Featherston
13.20-16.00-19.00-21.50

- Devil**
Chris Messina, Jacob Vargas
(00.10 Fri & Sat)

- 4**
The Other Guys
Mark Wahlberg, Will Ferrell
13.10-15.50-18.50

- Life As We Know It**
Josh Duhamel, Katherine Heigl
21.20 (23.50 Fri & Sat)

- 5**
The Social Network
Jesse Eisenberg, Andrew Garfield
12.50-15.40-18.40-21.10 (23.40 Fri & Sat)

- 6**
Despicable Me 3D
Animation PV
13.00

- The Town**
Ben Affleck, Jeremy Renner
15.10-17.20-19.30-21.40 (00.00 Fri & Sat)

- Devil**
Chris Messina, Jacob Vargas
21.20 (23.50 Fri & Sat)

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OV = Original Version
PV = Portuguese Version

Film Classification

- Harry Potter and the Deathly Hallows: Part 1 - M/12
Saw 3D - M/18
The Kids Are All Right - M/12
Red - M/12
Jackass 3D - M/12
The Social Network - M/12
Devil - M/12
You Again - M/12
Piranha 3D - M/12
Life As We Know It - M/12
Paranormal Activity 2 - M/16
Despicable Me - M/6

- M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over



Harry Potter
and the
DEATHLY HALLOWS
PART 1

Title: Harry Potter and the Deathly Hallows: Part 1

Genre: Action | Adventure | Fantasy

Stars: Daniel Radcliffe, Rupert Grint, Emma Watson, Helena Bonham Carter, Ralph Fiennes, Michael Gambon, Alan Rickman, Robbie Coltrane

Director: David Yates

Synopsis: The seventh and final adventure in the Harry Potter film series, is a much-anticipated motion picture event to be told in two full-length parts.

Part 1 begins as Harry, Ron and Hermione set out on their perilous mission to track down and destroy the secret to Voldemort's immortality and destruction - the Horcruxes. On their own, without the guidance of their professors or the protection of Professor Dumbledore, the three friends must now rely on one another more than ever. But there are Dark Forces in their midst that threaten to tear them apart. Voldemort's Death Eaters have seized control of the Ministry of Magic and Hogwarts, and they are searching for Harry - even as he and his friends prepare for the ultimate showdown.



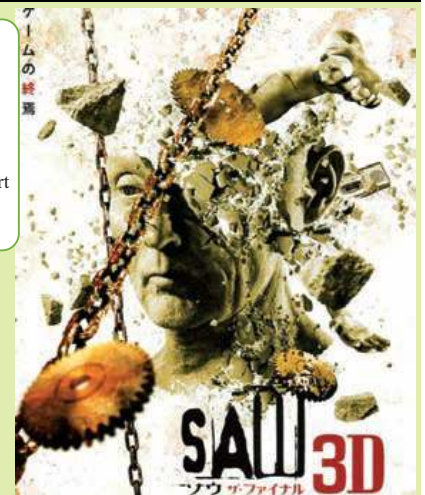
Title: Saw 3D

Genre: Crime | Horror | Mystery

Stars: Tobin Bell, Costas Mandylor, Sean Patrick Flanery, Cary Elwes, Betsy Russell

Director: Kevin Greutert

Synopsis: As a deadly battle rages over Jigsaw's brutal legacy, a group of Jigsaw survivors gather to seek the support of self-help guru and fellow survivor Bobby Dagen, a man whose own dark secrets unleash a new wave of terror.



Title: The Kids Are All Right

Genre: Comedy | Drama

Stars: Annette Bening, Julianne Moore, Mia Wasikowska, Josh Hutcherson, Mark Ruffalo

Director: Lisa Cholodenko

Synopsis: In this funny, vibrant, and richly drawn portrait of a modern family, Nic and Jules are two mothers who share a cosy suburban bungalow with their teenage children, Joni and Laser. As Joni prepares to leave for college, her younger brother presses her for a big favour. He wants Joni, now 18, to help him find their biological father. Against her better judgment, Joni honours her brother's request and manages to make contact with their donor dad, Paul. As Paul comes into their lives, an unexpected new chapter begins for the group as family ties are defined, re-defined, and then re-re-defined.



SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

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CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 20 Nov 2010

PROPERTY OF THE WEEK

High quality off plan apartments with shared pool in the Eastern Algarve



This week's Property of The Week features a fabulous range of apartments with high quality finishes that are currently under construction in the peaceful Eastern Algarve.

The far Eastern Algarve is a place that is very much undiscovered and most people would like to keep it that way. The beach resort of Manta Rota is particularly sought after by many Portuguese from the Central and Northern areas of Portugal for holiday homes. The reason for this is that the area possesses spectacular beaches, affordable restaurants and amenities, while still retaining a traditional and relaxed pace of life. Throughout most of the year, the far eastern Algarve provides a restful environment, while in July and August it comes alive with activities and organised events for all the family.

There are several well known towns in the area with a variety of amenities and entertainment facilities for residents and holidaymakers, such as Tavira, Vila Real de Stº António and Vila Nova de Cacela.

Tavira has a large new shopping centre with cinemas showing English-language films with Portuguese subtitles, plenty of shops and a food court. There is

ten pin bowling under the new bridge, many fabulous restaurants and bars and a beautiful historical church and castle, among other attractions.

Vila Real de St. António also has many shops but on the streets surrounding the main square, leading through from the shopping streets is the Marina and there is also a promenade with benches. From here you can catch a ferry to the town of Ayamonte, in Spain.

Vila Nova de Cacela is approximately ten minutes by car from both Tavira and Vila Real de St. António, the border town to Spain situated in the middle of the two towns just off the main EN125. Transfer time from the airport of Faro is only 35 to 40 minutes.

Algarve Manta Properties is the agent working closely with the builder to promote this fantastic brand new condominium of 70 apartments in total, currently in construction right in the centre of the town of Vila Nova de Cacela.

Located near the Ria Formosa

natural park, Vila Nova de Cacela has a long and rich history, evidence of which can still be seen today by the fortress walls and historic buildings in the centre. Traditional Algarvean houses are dotted about the streets of the town, attractively painted in bright white with coloured borders.

As well as maintaining the look and feel of the past, the town has all the necessary facilities and comforts for modern day living. There are: banks, schools, shops, cafés, restaurants and a large market selling fresh fish, fruits and vegetables.

The beautiful blue-flag-awarded beach resort of Manta Rota is just a few minutes drive or a 20 minute walk away.

The development will be built in three phases, the first phase, blocks 1 and 2, are currently being offered for sale and some have already been reserved.

There are 11 one-bedroom apartments for sale at the exceptional price of €85,000.

There are also six two-bedroom apartments with two bathrooms at only €120,000 and five



two-bedroom apartments with two bathrooms at only €125,000.

Prices vary depending on the position and floor. All apartments but five have a parking space in the garage.

All apartments will have high quality finishes including ceramic floor tiles, Beech woodwork throughout, fully fitted bathrooms and kitchens with Beech wood units, washing machine, dishwasher, fridge freezer, oven, hob and extractor.

A number of extras will also be installed in the new apartments such as video entry systems, security doors, and remote controlled electric garage doors, pre-installation for air conditioning. There will also be one elevator per block.

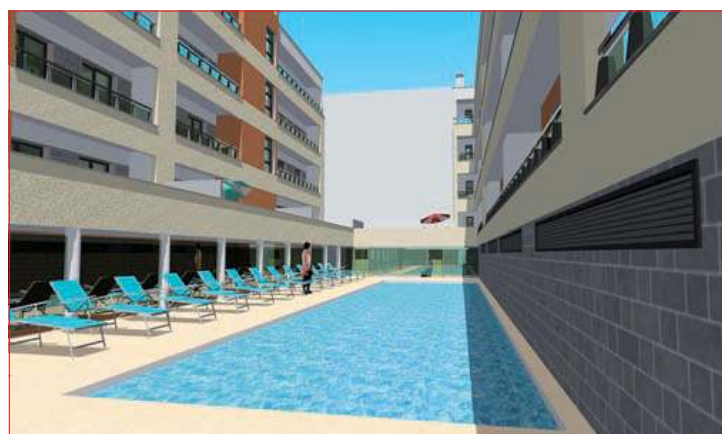
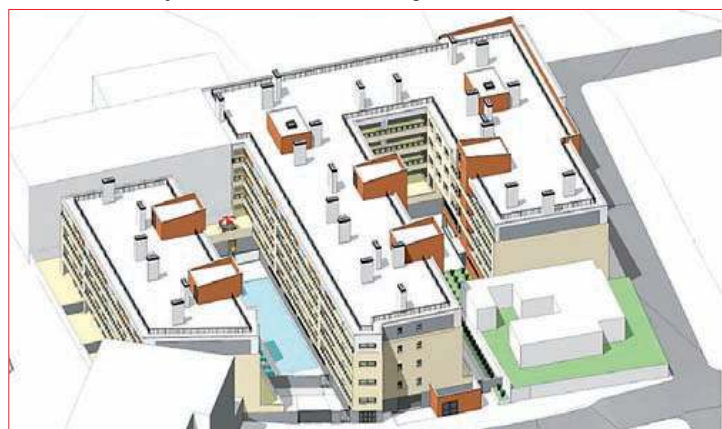
**algarve
manta**
properties

The builder has apartments in another development already completed, the majority of which are sold. You can view these apartments to see the finishes and quality of the build that is under construction.

So, if you're looking to buy a quality, affordable property in the Algarve for your holidays or to live in, then consider the Eastern Algarve. Ideally located, within a sensible driving distance

from Faro airport as well as conveniently close to neighbouring Spain, an apartment in Vila Nova de Cacela provides all you need to relax and enjoy life in the Algarve.

For an appointment to view or for information and plans please contact Algarve Manta Properties by email to: sarah@algarvemanta.pt or telephone +351 911 041 862 / +351 281 952 820.



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**Ref 1055 Vila Real de Stº Antonio - € 80.000**

Apartment with one bedroom in a brand new block very close to the centre of town, luxury finishes. All facilities and restaurants easy walking distance away.

**Ref 482 Altura - € 108.000**

One bedroom apartment approx 10 mins on foot to the beach. On top floor with lift and space in basement garage, the resort of Altura has many restaurants and cafes.

**Ref 1005 Vila Nova de Cacela - € 121.000**

Two bed, two bath, higher ground floor apartment with patio and BBQ. Space in basement garage and communal roof terrace, 1600m from the beach at Manta Rota and close to all local facilities.

**Ref 1053 Tavira - € 159.000**

Fully furnished and equipped beautiful 2 bed, apt with spectacular views of Tavira and the ocean. Private enormous roof terrace and space in basement garage. Good price as sold ready to rent out or live in.

**Ref 941 Conceição de Tavira - € 220.000**

Three bedroom very generous end of terrace house with various patios and verandas, private closed garage in the basement, shared pool, extremely close to Benamor Golf course and the facilities of the village.

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(Marginal) - 8800 Cabanas de Tavira
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www.estealgarve.com

**Typical House - Tavira**

Located in a quiet street, in the centre of town, this corner house with lovely façade has charming algarvian characteristics. Sun terrace with pretty roof top views. House consists of ground, first and second floor and is in need of refurbishment.

Ref. Ea 079 HTAV - € 175.000

**Duplex Cabanas**

Brand new 3 bedroom duplex apartment (112 m2 - on 1st and 2nd floor = top floor) prepared for central heating and air con. Spacious terrace areas plus roof terrace with nice sea view. Garage in basement. Situated in a development within walking distance to Cabanas, lagoon and beach, access to 4 swimming pools. 1 km from golf-course.

Ref. EA 080 DCAB - € 220.000

**Apartment Conceição**

2 bedroom, 2 bathroom apartment with central heating and air con., 2 balconies, situated on the ground floor in an attractive urbanization within walking distance to commerce. Opposite of Benamor golf-course, 5 min. from Cabanas and beach, 3 kms to Tavira. To be sold furnished and equipped.

Ref. EA 063 ACON - € 114.900

**Villa Quelfes**

Attractive 3 bedroom villa built in 2005, with solar panels, small above ground swimming pool, garage, on a fenced plot of 457 m2 situated in a charming quiet residential area, within walking distance to commerce, 5 min. to Olhão.

Ref. EA 081 VQU - € 299.500

**Villa Monte Francisco**

4 to 5 bedroom villa with a total constructed area of 437 m2, built in 2008 to a very high standard, with oil central heating, air con. throughout, under floor heating, solar panels, sw. pool, garage, surrounded by 2.100 m2 of easy maintained garden (option to purchase neighbouring plot w/ 1.750 m2.) Situated close to 2 golf courses & 2 kms to Castro Marim.

Ref. EA 078 VMF - € 665.000

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Professional Estate Agents
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Robert@AlgarveProperty.com

www.AlgarveProperty.com

**Robert Kootstra**

your professional real estate consultant

Gov. Lic. AMI 2196

**OLHOS D'AGUA**

Ref. V102857

Fabulous three bedroom villa located in quiet natural setting. Easy access by foot to beach & commercial areas (amenities). 2.825 sq.m. plot w/ 240 sq.m. constr. area. Separate cottage & self contained apartment ideal for guests or a maid. Fully furnished & equipped. Finished to very high standard. Central heating sys. A/c. Alarm sys. Lovely landscaped garden w/ large sw. pool, BBQ area & several leisure areas.

Price: € 795.000,00

**QUARTEIRA**

Ref. EA102661

100 metres from the beach! Brand new three bedroom apartment in a quality complex w/ pool. Constructed areas from 120 sq.m. Excellent finishes. Fully fitted kitchens. Pre installed for a/c, sound surround, central vacuum cleaning and alarm. Electric shutters. Underground parking space for one car and one storage.

Price: € 250.000,00

**VILAMOURA**

Ref. A71879

Two bedroom apartment in quiet area only 100 metres from the prestigious Marina of Vilamoura. The constructed area is 90 sq.m. Fully fitted kitchen. Two bathrooms. Extra bedroom in the attic. Recently refurbished. Great investment. Excellent letting potential.

Price: € 159.000,00

**VILAMOURA**

Ref. A102868

Top floor 2 bedroom apartment excellently located inside Millennium/ Laguna Golf Course, inside gated complex w/ large green areas & communal sw. pool. A/c. Underground parking space for 1 car & 1 storage. Large South facing balcony overlooking the garden & pool area. Excellent letting potential.

Price: € 239.000,00



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Tavira: 281 320 281
Vilamoura: 289 301 294

**Tavira**

Magnificent 5 bed / 4 bath villa (289 m2) with pool on 7000 m2 plot with mature garden on spectacular location 2 km from Tavira. Unique opportunity to live in a rural setting so close to town.

Ref: LHV-1103 Price: € 750.000

**Tavira**

Recently built, good quality 4 bed / 4 bath villa (334 m2) with double garage (45 m2) and swimming pool located on two hectares of easy to maintain land enjoying far-reaching sea & country views.

Ref: LHV-1069 Price: € 650.000

**Sta. Catarina**

Brand new 3 bed / 3 bath villa (237 m2) with approved project for pool, built with high quality materials & modern specs incl. under floor heating & solar panels. Plot 7821 m2. Tarmac road access.

Ref: LHV-1056 Price: € 480.000

**Tavira**

Well maintained 4 bed / 2 bath villa (208 m2) with garage (24 m2) & lovely pool area enjoying open country views, located on plot of 600 m2 in small pinewood, 500m from Ria Formosa lagoon.

Ref: LHV-1113 Price: € 399.000

**Tavira**

Renovated 2 bed / 2 bath quinta (109 m2) enjoying wide views, located on plot of 752 m2 in small hamlet. 2 small outbuildings in use for storage/ workshop. Nicely landscaped garden.

Ref: LHV-1110 Price: € 265.000

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Remove the old silicone sealant with a craft knife - you should be able to pull most of it off and then scrape or rub off the rest, or you could use a specialist product, such as Polycell Sealant Remover, which you paint on and leave to dry. This makes the old sealant soft enough to remove easily.

Clean and dry the area, and to keep the new sealant neat and tidy, apply a length of masking tape above and below where you want it to go, so you have a narrow strip for the sealant in the middle.

There are two ways to apply the sealant: using cartridges that work in cartridge guns, or canisters (similar to squirty cream ones, so no need for a gun), which are a good choice for novice DIYers. Most sealants are either white or translucent.

Getting the sealant perfect can be a bit tricky if you haven't done it before, but try to apply it in a continuous line and one smooth movement. When you're done, smooth it off using your fingertip (wet it first), or a wet round-ended stick. If you can, try to shape the sealant at an angle so water runs off it more easily.

As the sealant's drying, peel off the masking tape, and use a cloth dampened in white spirit to clean up any excess. Don't get water on the sealant until it's dry - see the manufacturer's instructions for drying times.



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Watch the birdies



Blue Tit (*Cyanistes caeruleus*) on a bird feeder.



Best of the bunch - Nerine

Walking around the beautiful gardens in Bressingham, near Diss, Norfolk, last week, the plants that really caught my eye against a backdrop of autumnal tints were the clusters of pink nerines, which stand out from the crowd at this time of year.

These autumn-flowering bulbs, which bloom from September and into November, have long, thin, pointed buds which rise up on bright green stems and explode into lollipops of sugar pink flowers, making a striking addition to warm borders or patio pots. Originating from South Africa, these lily-like plants do like to be in a free draining soil

where they can bake in the sun.

The most popular variety, *Nerine bowdenii*, is fully hardy but is best planted in groups against a sunny wall. Bulbs should be planted in late autumn or early spring but not too deeply - the tips should be quite close to the surface.

In cold areas, mulch clumps when they have finished flowering to give extra protection against frost, and feed in summer with a high-potash fertiliser to boost flower production. If you plant them in pots, use a loam-based compost and water well when they are growing strongly.

Hannah Stephenson gives tips on how to help birds survive the winter months by filling up our feeders and growing plants which will provide much-needed seeds and berries - plus, find out what else needs doing in the garden this week.

They are as important to the wildlife garden as butter is to bread, not only providing interest to budding birdwatchers, but helping to keep unwanted pests such as slugs and snails under control.

As their natural habitat continues to disappear, it is more important than ever to feed the birds during the winter months.

"In some cases keeping feeders topped up can mean the difference between life and death, especially for some of the smaller birds who lose heat from their bodies extremely quickly when it's really cold," says Gemma Rogers, of the UK Royal Society for the Protection of Birds.

But there are so many different feeders and seed types on the market, it's difficult to know which are the best.

"There are a lot of nasty feeders out there which can trap beaks and feet," says Rogers, "so you need to go to a reputable supplier. And be aware that some feeders are ridiculously cheap for a reason."

Never put out the nylon mesh bags containing fat as birds can become trapped in them. Go for steel mesh feeders and provide a mix of seeds to attract different birds.

Birds require high energy, high fat foods during the cold winter weather to maintain their body reserves to survive the frosty nights. Finches are especially grateful for seeds in late winter and early spring.

In summer they love black sunflower seeds, pinhead oatmeal, soaked sultanas, raisins and currants, mild grated cheese, mealworms, waxworms, mixes for insectivorous birds and good seed mixtures without loose peanuts, on which their young could choke.

Never put out loose peanuts, dry hard foods, large chunks of bread, or fats during the spring or summer months. Make sure you buy 'safe nuts' from reputable outlets and offer them in cages.

Peanuts will attract blue tits, great tits, woodpeckers and even robins if you crush them, niger seeds will encourage finches and siskins, but the more variety of food you have, the larger the range of birds you are likely to attract.

Small flocks of greenfinches can be a common sight at bird tables, sometimes queuing up with chaffinches and sparrows to take a turn at feeders.

Use bird tables to attract larger birds such as collared doves, wood pigeons and starlings.

There are also many plants you can grow to encourage birds to visit. Traditional countryside hedges are now full of blackberries, elderberries, rosehips and hawthorn which the birds can feed, and you can mimic the classic hedgerow in your garden by planting a fruiting hedge.

The RSPB advises gardeners to mix rugosa roses, elder and hawthorn to act as a wild foodstore, even adding a bramble if there's room. If you have a large garden, try growing hazel (*Corylus avellana*) for its nuts and attractive catkins.

Other plants, including crab apples, ivy, box-leaved honeysuckle and cotoneaster also add glorious colour to the autumn and winter scene as well as producing fruit and berries for the birds. Avoid sterile hybrids, which won't produce seeds or fruit, but give your garden some colour and nutritious seeds for the birds by planting coneflowers, teasels and knautia macedonica.

If you have fallen apples and pears on your lawn, leave them for the song thrushes and blackbirds who will feast on them.

Let the birds make the most of nature's larder - but make sure you offer them some extra titbits to help them through the winter months.

Good enough to eat - planting shallots

As Christmas approaches, many people will be stocking up on pickles and chutneys - but no table of cold cuts would be complete without a jar of tangy, crunchy pickled shallots. They are extremely easy to grow so you could impress your friends by making up your own jars of home-grown pickled shallots next year.

Buy the sets (baby shallots) at garden centres and spread them in a light, cool position until planting time, from October to mid-December for a mid-summer crop, or February to the end of March for a mid to late summer crop, when they need to be planted in well cultivated, weed-free ground.

Shallots are best planted in drills, leaving about 15cm (6in) between bulbs and 30cm (12in) between rows. Push the bulbs well into the soil or plant with a trowel so the tips are just visible after planting. They are shallow rooting so should be weeded regularly to avoid competition for nutrients and water. They will be ready to harvest when the leaves begin to yellow. Use a fork to loosen the bulbs from the soil then spread them out in the sun to dry.

Shallots are also delicious added to casseroles or baked whole, glazed with balsamic vinegar and oil with a little sugar, or can be added to many sauces.

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2. Replace high-maintenance hedging of Leyland cypress or privet with easier hedging shrubs like yew, holly and beech, which may only need one cut a year.
3. Plant borders densely to suppress weeds.



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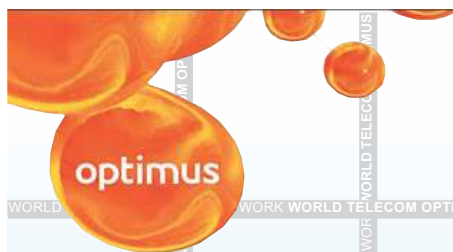
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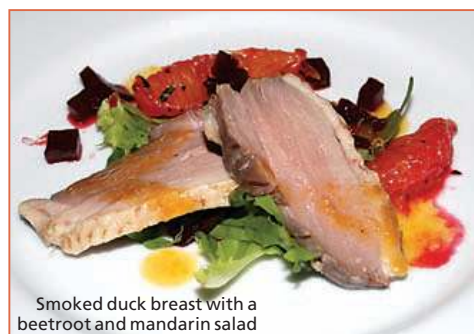
This week, Good Food brings you a review of the Algarve's only smoked food restaurant, As Aves Restaurant, Smokehouse and Deli in Ladeira do Vau, Portimão.



Smoked haddock on a bed of spinach with a moray sauce



Smoked swordfish served with salsa verde



Smoked duck breast with a beetroot and mandarin salad



As Aves' succulent home smoked salmon

Set up by British couple John and Sue Ketley, this family run establishment brings the true taste of Scottish smoked foods to the Algarve.

As well as the traditional salmon, As Aves smoke a range of other fish such as haddock, sardine fillets, mackerel and swordfish and poultry such as chicken and duck. All are featured on the menu as well as being sold separately from in deli counter.

The raw products are sourced from the best suppliers to ensure a high quality traditional Scottish smoked finish.

Wood chippings and sawdust made from old Port Barrels are sourced from northern Portugal, while the brine is made using organic salt from an organic salt farm in Tavira.

For those who may be new to smoked foods or unsure of what to try from the menu, As Aves hosts a tasting menu evening around once a month, with 10 miniature courses for clients to try.

Each course except for the desert features a different smoked product with accompaniments, served either hot or



From left: John and Sue Ketley, their daughter Olivia, waitress Luisa and chef and son-in-law Stephen

cold. This month's menu featured a number of fish dishes the most notable of which were the restaurant's superb smoked salmon with brown bread and butter and lemon, flavoursome

smoked sardine fillets with tomato relish on wholemeal bread and hot smoked haddock on a bed of spinach with moray sauce. The fish from both dishes was of excellent quality, firm and fresh

with a distinctive but not overpowering flavour, while the accompaniments were simple, allowing for the fish to speak for itself.

The warm smoked chicken



Flavoursome smoked sardine fillets on wholemeal bread with tomato relish



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and leek tarts were also full of flavour and wrapped in a light buttery pastry, while the warm smoked duck breast sliced over a beetroot, rocket and mandarin salad was a delightful twist on the traditional 'duck à l'orange' combination.

To finish, diners were treated to home-made dark chocolate and mint cookies with a white chocolate drizzle and a bowl of port-soaked strawberries.

With small portions, but a large number of dishes, diners left the restaurant very well satisfied and with plenty to talk about from their gastronomic experience.

The cozy candlelit dining room at As Aves provides an informal setting for a romantic meal for two or a gourmet gathering among friends and family. The décor adorning the walls is an uncluttered but eclectic mix of Portuguese pottery and tiles mixed with modern prints and photos of cities.

The service is also exceptionally friendly and well timed, allowing diners time to chat comfortably between courses but not waiting for so long that they have to call a waiter's attention.

John and Sue are also actively

involved in serving clients and available to chat about the restaurant and smoking process. As well as dining, clients are welcome to drop in for a coffee or a snack and browse through the extensive cook book library in the entrance, to prepare for their own dinner parties.

As well as the distinctive and excellent quality food, the friendly and informal service is what defines As Aves and will keep clients returning regularly year upon year.

This winter, as well as a comprehensive menu of home cooked dishes and smoked goodies, the restaurant will be featuring its 'Winter Warmer' menu between 9 and 23 December, including starters such as roasted butternut squash and sweet potato soup, pan fried black pudding and smoked bacon with wholegrain mustard sauce and home cured pork loin with apple and onion gravy. The desserts featured are equally as tempting as the savoury dishes, with traditional Christmas pudding, cinnamon crème brûlée, chestnut and chocolate pots, and panacotta with a mulled wine cherry compote.

The wine list features a selection

of reds, whites and rosés, several of which are sourced from New Zealand and South Africa. However it also includes local Algarvean wines from the Adega do Cantor. Wines from the increasingly popular Quinta do Barranco Longo will soon be featured on the list too.

Prices at the restaurant are sensible, with a three course Sunday roast lunch including wine, water and coffee priced at €15, while for those counting the pennies, the house red is a very palatable Alentejo wine.

With the run up to the festive season, As Aves are working hard to produce their signature range of products, which will be available to purchase at a number of Christmas Fairs throughout the region. Among others, members of the family will be on hand to sell and talk about smoked foods at the Quinta Shopping Christmas Fair this Saturday, 20 November. They will also be present at the Corte Real Gallery Fair in Paderne on 27 and 28 November, at the Oceano Atlântico in Portimão on 1 December and at the Carvoeiro Tennis Club Fair on 5 December.

Although the team at As Aves have decided to close for a well

deserved rest on Christmas Day, they will be open for a festive seven course dinner on Christmas Eve.

Diners on this night will be treated to canapés and a glass of mulled wine on arrival, followed by French onion soup with mature cheddar croutons for starters. The fish dish will include a choice of smoked salmon and smoked swordfish with salsa verde or the duck breast with beetroot and mandarin salad, followed by Mandarin Givrees. The meat course will feature a choice of pot roast shoulder of lamb or a rich fish stew with garlic bruschetta, while dessert will include pears baked in mulled wine with homemade ice cream followed by coffee and homemade brandy mince pie.

For more information, or to reserve a table, please telephone John Ketley on 914 522 079 or Sue on 912 379 092 or email: jk@asavesalgarve.com. Alternatively, visit their comprehensive website, available in English, which includes their full Christmas Fayre and Christmas Eve menus and product lists, at: www.asavesalgarve.com.

As Aves Smokehouse and restaurant is located along Rua 5 de

Outubro, nº16 in Ladeira do Vau, Portimão. There is on street parking. The restaurant is currently open from midday until 2:30pm on Sundays, from 10:00am until 3:00pm on Tuesdays and

Wednesdays, from 10:00am until 3:00pm and from 7:00pm until 9:30pm on Thursday Friday and Saturday evenings from 7:00pm until 9:30pm. The restaurant is closed on Mondays.



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A Water Villa, Kurumathi Island Resort, Maldives.



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An affordable taste of paradise



walking along the sandbank

Sam Wylie-Harris is bowled over by a four star all-inclusive paradise.

With a wave of family-focused hotels opening in the Maldives and the introduction of all-inclusive options, paradise no longer comes with a whopping bill at the end of

a luxurious seven-night stay.

Savvy holidaymakers can dip their toe in the Indian Ocean and soak up all the usual four-star trappings of an exclusive island resort

and still have enough left over to plan a return trip.

And that is exactly what the young couple we met on our first night at the Kurumathi resort had been doing for the past three years. Loyal return guests, they had been logging on to the Kurumathi's website to follow the upgrade of the resort's water villas.

Fringed by lush vegetation and a snaking white sandbank, the resort was relaunched at the end of 2009 and now boasts 50 water villas each with private Jacuzzi, a large split-level sun deck and panoramic view over the lagoon's crystal blue waters.

Waking up to this fairytale vista, it's not difficult to live out

the barefoot dream of a sarong lifestyle for a week. After a 10-hour flight from London and 20-minute seaplane transfer across turquoise ring-shaped reefs, not even my designer sunglasses and wide-brimmed hat could shade me from the beauty of this tropical island.

Strolling through the ancient Banyan trees and lush vegetation, it's hard to believe there are 290 guest villas in all, some in total isolation and just a few steps from the white sandy beach.

Tranquil, with a total chill factor (if you want it) of sand, sea and surf, a dive centre, excursions, gym, spa with 16 treatment rooms, kids' club, nine restaurants and six bars (including a posh Havana cigar bar), the resort offers a

Dinner served on the beach



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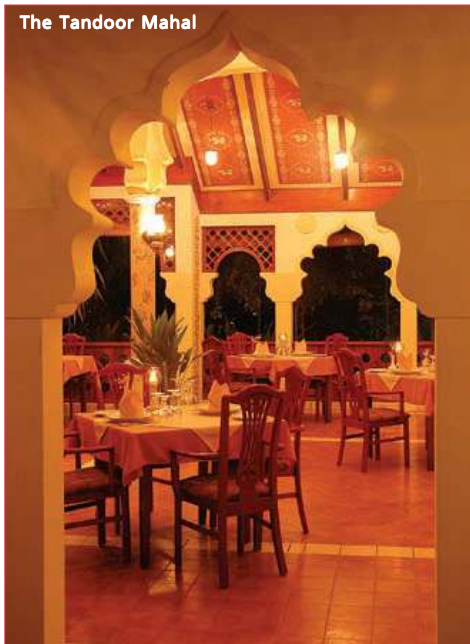


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The Tandoor Mahal



The infinity pool



Dining out on the jetty



The Sand Bar



Spa treatment



romantic holiday with loads of choice.

Every morning before breakfast, my partner and I climbed down the villa's stilts and snorkelled straight from our sundeck into the sea, to be welcomed by glittering parrot and trigger fish.

Romancing the coral works up a healthy appetite and we were spoilt for choice. The breakfast buffet boasts an American-style spread of hot and cold dishes, breads, fresh fruit, cereals and exotic juices with chefs on hand to make any style of eggs.

It's difficult not to be greedy when everything's 'free'. But with the discovery of rib-eye steak and Madagascar jumbo prawns on the evening menu, I managed to rein in those early morning cravings and concentrate instead on looking beach chic by the infinity pool.

Alas, with a string of models on location for a German swimwear shoot, all eyes were on the leggy blondes trying not to let their make-up run in the 30-degree mid-day sun rather than my new Liza Bruce bikini.

The huge infinity pool takes centre stage at the bottom tip of the 1.8km island, and the resort has a golf cart service to ferry guests around if you don't fancy the walk. Personally, I think it's far more intimate to take your partner's hand and discover some of Kuramathi's secrets - like the bird sanctuary nestled behind coconut palms.

Blissful days were spent lounging on our sun-drenched private deck. The only daily boardroom decision was where to go for our first pina coloda.

The Palm Pizzeria & Gelateria became our local hang-out. We befriended the barman who was generous with his rum measures and we enjoyed long, lazy lunches over Mediterranean salads, stone-baked pizzas and Italian ice-cream.

In the evening, guests can enjoy a romantic candle-lit meal in the Island Barbecue (our favourite), where tables are close to the infinity pool and popular - so you must book. This is where we gorged on scallops, char-grilled yellow fin tuna and wonderful

steak. Definitely a five-star dining experience, we were spirited away to gourmet heaven every time we ate there.

Larger groups and families were drawn to the main restaurants with themed buffets and cooking stations, where the chefs cook fish or beef in front of you.

There's an authentic Indian (Tandoor Mahal), a Thai restaurant (Siam Garden) and our lunch-time pizza place which plays live music in the evening. There was also a fantastic band who flew in a couple of nights a week to play at the Sand Bar, and boy, did we have fun on the dance floor!

Being helpless romantics, we treated ourselves to a "serenade dinner" one night. For a table for two at the end of the Serenade Jetty, the chef prepares a magnificent four-course meal with lobster, served by your own private waiter.

Hibiscus petals spelling out 'Happy Holiday' cover the pristine table cloth and we sipped champagne under the stars. I think it's worth the added extra on the bill.

As are the spa treatments. The Maldivians pride themselves on their star spas and gave me my most memorable spa experience to date.

We had a "dream for two" in an open-air pavilion at the end of the jetty. Lying side by side, with white muslin billowing and nothing but the sound of the ocean, two therapists worked their magic with a "heavenly wonder scrub", sensual massage with essential oils and a "luxury foot ritual". Sublime.

Active, sporty types can head to the diving centre for some underwater adventure and choose from scuba diving, windsurfing,

catamaran sailing, kayaking, water skiing or test their paddling skills with a two-hour snorkelling safari.

One of the resort's highlights is the daily stingray feeding at 6.30pm, when guests descend on Laguna Bar for a prize view. A member of the diving team, protected by a wet suit, throws a bucket of fresh fish into the sea as hordes of stingray zoom in for a bite. It makes a fantastic photo opportunity.

Just like the exotic creations our daily maid service fashioned on our petal-strewn bed. Towels were formed in the shape of a lobster, elephant, stingray and a swan,

which made us smile. Each one was photographed and saved to memory.

With house wine, spirits and cocktails all part of our all-inclusive package, bar bills weren't a strain on the purse strings. My advice for friends new to the Maldives is: Breakfast like a pauper, lunch like a prince and dine like a king if you go to Kuramathi.

Travel facts

Sam Wylie-Harris was a guest of Kuoni which offers seven nights all-inclusive in a garden villa on Kuramathi Island Resort from £1,327 (£1,564.48) in 2011, including SriLankan Airlines flights ex-Heathrow, transfers and use of Male airport lounge on return. Select all-inclusive (more dining options) starts at £1,647 (£1,941.48) per person.

Regional departures ex-Manchester, ex-Glasgow and ex-Belfast start at £110. (£129.66)

Kuoni reservations: www.kuoni.co.uk

Key facts - Kuramathi, Maldives

- :: Best for: Romantic couples and families who don't like hidden extras.
- :: Time to go: October-May - avoid summer months when heavy rain and high winds can batter the islands.
- :: Don't miss: A spa treatment in the open-air pavilion.
- :: Need to know: The sun is fierce - take high factor sun cream with you, because the gift shop was sold out.
- :: Don't forget: An underwater camera and an extra t-shirt for snorkelling. Nothing protects your back from the sun's rays like a cover-up.

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A person being tested for diabetes.

Diabetes: A silent killer



There are 2.8 million people diagnosed with diabetes in the UK and an estimated 500,000 people who are unaware they have the condition. Lisa Salmon talks about ways to recognise the symptoms and what people can do to avoid getting Type 2 diabetes.

Are you tired and very thirsty? Do you keep nipping to the toilet, especially at night?

If so, you could be one of the 1.1 million people in the UK who have diabetes but don't know it.

This country is in the grip of a diabetes epidemic, with the number of people diagnosed with the condition having risen by more than 150,000 to 2.8 million

in the past year, according to Diabetes UK.

The increase is mainly in cases of Type 2 diabetes, which is linked to the rise in obesity, and is echoed by a surge in diabetes cases globally.

Despite its prevalence (one in 20 of the population is being treated for diabetes and one in 10 for obesity), experts believe

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there's still a lack of awareness about symptoms, and an urgent need for early diagnosis, which can prevent heart attacks, strokes, kidney failure and blindness.

Experts explain that Type 2 diabetes can go undetected for up to 10 years, meaning 50% of people already have serious complications by the time they're diagnosed.

This year's World Diabetes Day (14 November) is promoting prevention and awareness. Jean Claude Mbanya, president of the International Diabetes Federation (IDF) says: "Some 90 years after the discovery of insulin, the number of people in the world with diabetes exceeds 300 million and is set to rise to 500 million within a generation."

"If nothing is done, if no action is taken, we will have an even bigger problem on our hands tomorrow. World Diabetes Day is the

best opportunity we have to draw attention to this silent killer."

Diabetes occurs when the pancreas loses some, or all, of its power to function and stops producing as much insulin (a hormone which converts glucose into energy), thereby creating a build-up of glucose in the blood. There are also cases of diabetes when insulin is still produced, but fails to break down the glucose in the body - a situation known as insulin resistance.

Diabetes UK's clinical advisor, Cathy Moulton, explains that while the two kinds of diabetes, Type 1 and Type 2, differ in cause and speed of onset, they have similar symptoms.

Type 1 diabetes develops if the body can't produce any insulin at all, and accounts for about 10% of all diabetes cases.

It is most commonly diagnosed in the under-40 age bracket, and

the cause isn't fully understood. Type 2 is different, and develops when the body still makes some insulin, but not enough, or when the insulin that's produced doesn't work properly. In most cases, the condition is linked to being overweight.

The fact that the number of people registered as obese in the UK has risen by more than 265,000 to over 5.5 million in the past year, may go a long way to explaining the increase in diabetes.

Other risk factors include having a large waist (37 inches or more for men, 31.5 inches or more for women), being aged over 40 (or over 25 in black and South Asian people) and having a close relative with diabetes.

Moulton says: "Type 2 is, at the beginning, different to Type 1. In people with Type 1, their pancreas stops working and it can lead to a critical situation. They're not producing any insulin and all the glucose gets trapped in their bloodstream."

With Type 2, symptoms occur more gradually, she explains: "If you're not eating a healthy, balanced diet, you're asking the pancreas to produce more and more insulin, because your glucose lev-

Measuring the girth



els are high. Finally it says it's had enough."

Symptoms are similar in both types of diabetes, and include increased urination (especially during the night), excessive thirst, lethargy and blurred vision because glucose builds up in the lens of the eye.

With Type 1 diabetes there may also be drastic weight loss because

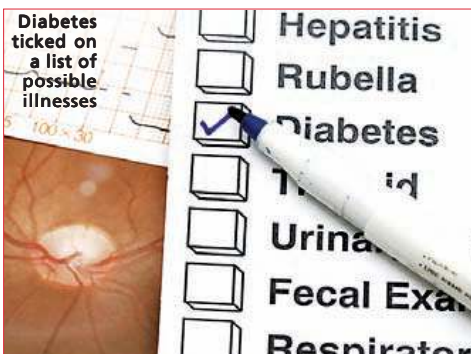
all the body's glucose is being lost, and the body burns fat cells to get energy instead. This can lead to the production of ketones, which are toxic and linked to brain damage, organ failure and even death from diabetic ketoacidosis, if in-

sulin isn't administered.

"We have to be concerned about both types of diabetes, as there's been quite a drastic rise in the numbers of people being diagnosed with Type 1 diabetes, which is more difficult because



Great thirst being a sign



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Diabetic man sweating



Waking in the night.

Classic symptoms

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- :: Increased urination, especially at night.
- :: Lethargy
- :: Blurred vision
- :: Drastic weight loss (Type 1)
- :: For information visit www.diabetes.org.uk.

Insulin injection

we still don't know what the cause is," stresses Moulton.

Those diagnosed with Type 1 will normally have to inject themselves with insulin a number of times a day, or use an insulin pump which administers a regular dose of the hormone.

People diagnosed with Type 2 diabetes will initially be asked to exercise more, and start eating more fruit and vegetables and less fat, salt and added sugar. "We know that sugar doesn't cause diabetes as such, but added sugar goes very quickly into the bloodstream and causes the pancreas to work very hard," says Moulton.

Type 2 diabetics may then be put on tablets to help the body release more insulin, lower the amount of sugar the liver makes, help insulin work better in muscle and fat and, in some cases, slow the breakdown of food into sugar. They may also receive non-insulin injections, which encourage the production of insulin itself and help it get to the right place in the body.

"We have to remember that not everyone who develops Type 2 diabetes is overweight or unfit - all their other risk factors have loaded them that way, even though they've done their best," stresses Moulton.

Whatever the type of diabetes,

the condition significantly reduces life expectancy - people with Type 1 diabetes have a reduced life expectancy of up to 20 years, and the lives of those with Type 2 could be cut short by up to a decade.

Some of this is due to the increased risk of cardiovascular disease - around half the people with diabetes die of cardiovascular problems, including strokes and heart attacks.

And even if diabetes doesn't actually kill, it can make life very unpleasant.

Diabetes is the leading cause of blindness in the UK's working age population, and results in 100 amputations a week because of damage to nerve endings.

Nerve damage can also lead to impotence in men, and vomiting or excessive sweating. "Some of the symptoms are life-threatening and others can make life dismal, but they're all linked to uncontrolled high blood-glucose levels," says Moulton.

"Some people with undiagnosed Type 2 diabetes feel unwell, but they put it down to something else because it's not making them acutely ill.

"They don't tally up all the symptoms the body's giving, and that's one of the reasons we're trying to raise awareness of the risk factors and symptoms.

"All we can really do is keep ourselves fit, eat healthily and be aware."



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Parvo warning

Possibly this should be also called vaccine, vaccine, vaccine.

It seems that there is an epidemic of Parvo at the moment, it usually happens at this time of year. Possibly it is made more of a problem when there are stray dogs around, sadly these are not very likely to be vaccinated, they pick up the virus and pass it on. Advice is to make sure all your dogs are initially vaccinated and then either titre tested later or boosted.

However, I must just add a note of caution here as we had an instance of this with our own Cleo when she was just over 4 months old. To my knowledge and her vaccine book, she had had all the vaccinations she should have had. However, it was discovered that for whatever reason, and we never discovered the answer, she was totally unprotected. The only explanation was that the name of the vaccine used at a different Vets was not the one I recognised and it just did not work---she had two boosters of the same make so it should all have worked. We were lucky, I recognised the symptoms and with the correct treatment and nursing Cleo re-

covered. None of the other dogs got it---I was lucky. A few months later when she was completely well I had her revaccinated-full programme--with the normal Intervet product.

So, Parvo virus. What is it? Parvo is a virus that attacks the lining of the digestive system. It causes dogs and puppies to not be able to absorb nutrients or liquids. Puppies are especially prone to it because they have an immature immune system. When dogs and puppies contract Parvo, they often have diarrhoea, vomiting and lethargy. Usually they stop eating and develop a bloody, foul-smelling, liquid stool.

Symptoms usually begin with a high fever, lethargy, depression, and loss of appetite. Secondary symptoms appear as severe gastrointestinal distress, such as vomiting and bloody diarrhoea. Parvovirus is characterised by severe, bloody diarrhoea and vomiting, high fever and lethargy. The diarrhoea is particularly foul smelling and is sometimes yellow in colour.

How is it transmitted? Canine Parvovirus is carried by dogs. Adult dogs may be infected

carriers without showing any clinical signs. It can last a long time in the environment, perhaps as long as 9 months or longer.

Generally, it takes 7-10 days from the time of exposure for dogs and puppies to start showing symptoms and to test positive for Parvo.

Parvo is highly contagious to unprotected dogs, and the virus can remain infectious in ground contaminated with fecal material for five months or more if conditions are favourable. Extremely hardy, most disinfectants cannot kill the virus, however chlorine bleach is the most effective and inexpensive agent that works, and is commonly used by veterinarians.

The ease with which infection with Parvo can occur in any unvaccinated dog must be stressed. The virus is extremely hardy in the environment. Withstanding wide temperature fluctuations and most cleaning agents. Parvo can be brought home to your dog on shoes, hands and even car tires. It can live for many months outside the animal. Any areas that are thought to be contaminated with Parvo should be thoroughly washed with chlorine bleach diluted 1 ounce per quart of water.

Dogs and puppies can contract Parvo even if they never leave their land. Parvo virus, despite what you might hear, is NOT an airborne virus. It is excreted in the faeces of infected dogs, and if someone -- human, dog, bird, etc. -- steps in (or otherwise comes in contact with) the excrement, the possibility for contamination is great. Some people speculate that birds invading a dog's food dish can deposit the Parvovirus there. If you think you may have come in contact with Parvovirus, a strong solution of bleach and water does kill the virus, so you can wash your shoes and clothes, even your hands with it, to reduce the risk of infecting your dog.

Rest assured that Parvovirus is specific to dogs alone and cannot be transmitted to humans or other pets of a different species, such as cats.

How is it treated? Without intensive treatment, the victims of Parvo may die of dehydration. Treatment generally consists of IV or sub-cutaneous fluids and antibiotics. There is no cure. Veterinarians can only treat the symptoms palliatively, and try to keep the dog alive by preventing dehydration and loss of proteins. As there is no cure for any virus, treatment for Parvo is mostly that of supporting the different systems in the body during the course of the disease. This

includes giving fluids, regulating electrolyte levels, controlling body temperature and giving blood transfusions when necessary.

Dogs who have survived Parvo can get it again. In the case of some puppies, a puppy testing negative for Parvo one day could succumb to the virus within a matter of days. It strikes fast and without mercy.

If your pet becomes infected, please keep in mind that dogs with Parvo shed the virus in their faeces and are extremely contagious to other dogs. Follow these recommendations to help prevent the spread of this disease.

- * Keep the infected dog isolated from all other dogs for at least one month after full recovery.

- * Clean up all the dog's stools.

- * Use a 1:30 ratio of chlorine bleach and water to clean food and water bowls (4 oz. in 1 gallon of water). Wash any bedding the dog has been in contact with in this same bleach solution and hot water. You should also try to disinfect any other areas where the dog has been, like linoleum, concrete kennels, crates, etc.

- * If you have any other dogs that are two years old or younger,



or who have never been vaccinated for Parvo, take them in for a booster as soon as possible.

* Be sure to feed your dog a bland diet while they recover. Thanks to research on the internet for the full details above--as I am not trained and I am not a Vet, just a concerned doggy owner. Please see or ring your VET at the first sign of anything wrong with your dog.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon.

Jan Cobley
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Christmas Fair

Visit the Cadela Carlota Animal Protection Association stand at the Nandi Animal Charity Christmas Fair this Sunday in the inside the market next to Lagos bus station. Please help us to raise money for our needy animals. Come and buy your Christmas gifts, win prizes and see our animals. Donations of food and shelters needed. Volunteers always welcome. 916531689-Karen.

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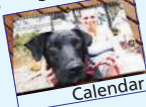
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ROMANE is a beautiful young bitch. She is very sweet and friendly. Romane is about 2 years old she is irresistible. She has been fully vaccinated, wormed, defleaded and she is spayed. Romane is worth a visit. Call Valerie (Donkey Sanctuary) 913 860 865 or lili10.evann@yahoo.fr



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Algarve's only pigmy hippo arrives in Lagos



Luna, the only pigmy hippo in the Algarve, arrived at Lagos Zoo on Tuesday this week at around 4:00pm, where she will live in a specially-built pen as part of a programme to help endangered animals.

Luna was born in captivity at the Bioparc Fuengirola, near Malaga, in 2008. She was born under a European Endangered Species Programme (EEP), which encourages the reproduction of animals on the verge of extinction in captivity.

Next year a second female pigmy hippo will arrive at Lagos zoo to keep Luna company. There are currently no available male pigmies in captivity within the programme.

The pigmy hippopotamus (hexaprotodon liberiensis) is facing serious conservation issues in their natural habitat. The species originates from humid, tropical forests and live near watering holes. They are solitary animals and only seek a partner when they mate.

In zoos they are kept in separate pens and are only allowed to share a pen when it is time to reproduce.

Weighing between 150 kilos and 200 kilos, they feed on apples, carrots, and concentrated foods.

It would take ten pigmy hippos to equal the weight of a full size hippopotamus.

Luna's pen at Lagos Zoo was created from rock that imitates that of its natural habitat and has its own lake. It was built following strict guidelines set by the European Association for Zoos and Aquariums and cost approximately €70,000.

There are three compartments within the pen, taking into consideration next year's possible pen-mate.



Luna will be officially introduced to the public on 20 November as part of the Zoo's 10-year anniversary celebrations.

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A pregnant mother with her young daughter.



Second Baby Survival Guide

It's hard enough having just one child, so two can be double trouble. Lisa Salmon looks at the weird, wonderful and sometimes weary world of family life.

But having a second child can also be double the fun if you manage the extra work well, says mum-of-four Naia Edwards. She's the author of the new Second Baby Survival Guide, and says it's important for second-time parents to realise that their second experience may be very different from the first.

"However brilliant you are as a mother, it's more trying when you've got

two, and the book is giving you tips to help manage that and make it as enjoyable as possible," she says.

"A lot of people think that having a second baby is going to be exactly the same as having their first, but often that's not the case."

"You're a first-time mum to this second baby, and it can be completely different in the way it sleeps, feeds and so on."

"That can come as a serious shock."

Edwards admits that there's not a great deal parents can do to prepare for a baby being different, but she stresses that it's important to be aware that the experience might not be a repeat of the first, and you might need to try different things.

The book covers all aspects of the early years of having a second



Parents with their young son and newborn baby.

child, from first finding out you're pregnant, bringing baby home, money matters and the relationship between the two children.

That relationship starts, of course, by preparing the first child for the arrival of the second.

Edwards suggests parents should do things like read books to the child about the baby grow-

ing in mummy's tummy and what it'll be like, and perhaps look at photos of the first child as a baby.

She says toddlers need to understand that the baby won't be a playmate for at least a year, and it's worth visiting other people with babies if possible.

"It's also a good idea to get your first child to wait a bit for

60

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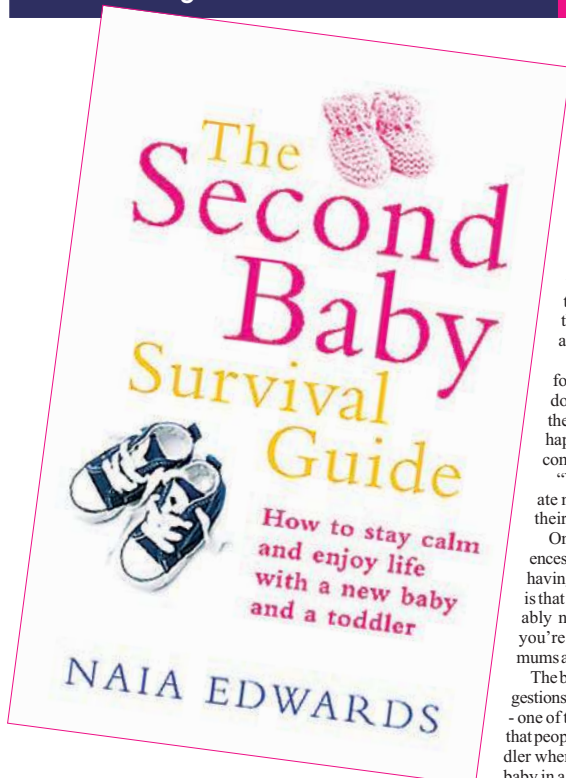
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Second Baby Survival Guide by Naia Edwards, published by Rodale Books, priced £10.99 (€12.97). Available now.

things, and not giving them things the minute they ask for them," she advises.

"Saying 'I'll just get it for you when I've finished doing this' will prepare them for what's going to happen when the baby comes along.

"You don't want to create negative associations in their head about the baby."

One of the really big differences between having one and having two children, she says, is that the first child will probably need entertaining when you're doing things, like when mums are breastfeeding.

The book gives plenty of suggestions for entertaining toddlers - one of them is to keep presents that people may bring for the toddler when they bring one for the baby in a 'special basket'.

The toddler then plays with these toys just at baby feeding time, so they don't get bored while mum's busy.

Another tip is using slings, which can be "an absolute lifesaver", leaving mum's hands free to play with her toddler.

As well as quotes and case studies of other second-time mums' experiences, the book contains tips for various scenarios, such as survival tips for stress-free family meals.

These include involving the baby in family meals right from the start, maybe by putting him in a car seat on the table as you all eat.

Edwards also advises parents not to provide different meals for different family members, warning that catering for separate likes and dislikes means "you will end up feeling like a hotel or restaurant chef taking orders, and very stressed."

But she points out: "The second time around, you're much more relaxed and much better at working out what's important and what isn't."

"You're better at prioritising,

and not worrying as much."

Clearly, second-time parents will have less time to spend exclusively with their toddler than they did before the baby arrived, which may lead to parents feeling guilty.

But Edwards stresses: "What you're giving them is companionship for life."

"There are so many things that they'll gain from having a sibling, and they'll outweigh any worries you might have about giving them less attention."

She adds: "I really want to emphasise the joy of having two children - it's a really special time, and I want parents not to be too caught up with worries about it."



Mother showing a scan of the baby she is expecting.

Ask the expert

Q: "My five-year-old wakes up at 6am every morning, no matter what time he goes to bed, and he won't try to go back to sleep. How can I encourage him to stay in bed in the mornings?"

A: Sleep expert Andrea Grace, author of *Gentle Sleep Solutions* (Hodder 2009, £8.99), says: "Early waking in children is a healthy sign that they're excited to start the day. There are, however, a few things you can do to help them sleep in a bit longer."

"Firstly, as your child is over the age of three, you can use a sleep training clock/nightlight which at a time pre-set by you, will 'wake up' and let him know it's time to get up."

"The first thing to aim for is that he doesn't automatically leap out of bed as soon as he wakes up, but waits for his getting up trigger. You should aim to keep him in bed for just

a few minutes at first and then gradually extend the period that you expect him to lie there."

"So, for the first morning, use the 'getting up' prompt (training clock or simply opening the curtains) at the time he normally wakes up. This is so that he understands what's going on and has a pleasant experience of the daytime trigger."

"Then move forward by five minutes every morning until you reach an acceptable getting up time."

"Reward him each time he remains in bed."

"If you follow these steps consistently, you'll have a great chance of stopping the early waking."

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Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNC, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários, Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976.

Caldas da Rainha

ANGELAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the Second Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29, between Railway Station and central 'Pingo Doce'. For details phone 262881393. No service on 14 November - instead please attend St George's Lisbon at 10.50 am.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Obidos. Sunday 11am (1st & 2nd Sunday of the month).

More stories from page 27.

Corte-Real's Christmas Fayre

Raising funds for the Algarve charity 'Madraguda', Galeria Corte-Real celebrates the start of the festive season on 27 and 28 November. The Gallery's annual Christmas Fayre brings together a selection of unusual gifts, culinary items and seasonal cards from London's Royal Academy of Art.

Specially arranged for the occasion are stalls selling Portuguese wines and fine quality locally produced food. These include cheeses, chutneys, pickles, cakes baked by Avril and smoked delicacies from John Ketley's 'fumeiro'. Essential for the festive kitchen, there will be a stall selling the full range of 'Good Mood Food' prepared by Bistrot des Z' Artes.

The gallery presents for Christmas a selection of

artworks, handcrafted items for the home and ceramics made in small independent pottery studios across Europe. New to Corte-Real are fabulous items of costume jewellery designed and made by Martin Spence in London and the 'deluxe' mirror collection created by Marie Emanuel Debret in Paris.

Other items to look out for are fragrances and herbal scented candles by True Grace as well as gifts from Porches Pottery and Griffin Bookshop. A complimentary glass of wine - festively mulled by celebrity chef, Jonnie Pratt - is included in the €2 price of the entry ticket. Open from 11am until 5pm - Thursday to Sunday. Signposted from Boliqueime, Ferreiras and Pademe. Tel: 918 980 199 & 912 737 762.

New arrivals at St. Andrew's Church in Lisbon

A new initiative at St. Andrew's Church in Lisbon has welcomed the arrival of Pastors Xavier Feniouss and Maria Luis Guierengue from Mozambique. They are both members of the United Congregational Church of Southern Africa. Rev. Xavier is General Secretary of the UCCSA in Mozambique and is also a minister in a local church in Malhazine, a suburb of Maputo and Rev. Maria Luis is Regional Secretary for Maputo and is also responsible for a congregation in Matola near Maputo.

Although the UCCSA was only formed in 1967, it traces its origins back almost 200 years, to the arrival of the first personnel sent to the sub-continent by the

London Missionary Society. Today, it has over 300,000 people in its membership, grouped in over 350 local churches in five countries; South Africa, Mozambique, Botswana, Namibia and Zimbabwe.

Apart from Mozambique, church services and meetings at all levels are conducted in the English language so the initiative, for a six week period, is to help the new visitors to Lisbon with their English language development. Members of the congregation and certain local English speaking schools have offered assistance. It is hoped that this will be the first of many ecumenical projects at St. Andrew's Church. Visit: www.standrewslisbon.com



Algarve Blessing

 All Saint's Anglican Church can arrange your Wedding or Marriage Blessing in a superb, if not idyllic setting. We also have special arrangements with a Wedding Planner who can offer superb locations for your Wedding or Blessing Ceremony and celebration, which include a beach setting, beautiful gardens (weather permitting), a Pavilion or Marquee for larger groups. Plus other arrangements including transport, accommodation, catering, photography.



 For more information please call 351 282 380 311 or go to www.allsaintsalgarve.org

ANGELAN CHURCH

Announcements

CANCER MEETINGS Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.



OKIDO INTERNATIONAL Kindergarten is now open. Full - and part time spaces available for children from 1,5 up to 5 years. Fully qualified and multilingual teachers. Large outside play area. Call or stop by our school to learn more. Tel: 935250645 (Sesmaria near Lagoa) Also Mother & Toddler groups on Fridays 10-12h €3

CASA - IS a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have and annual trip to Spain or within Portugal, plus other activities. Open to everyone. For more information and a sample newsletter give Mary a call on 282 357 275.



CHRISTMAS FAIR Carvoeiro Tennis Club Sunday, Dec. 5th 1:30 to 6:00 Come support our Christmas Fair and purchase beautiful hand made Arts and Crafts made by local Algarvean Artisans.

LIONS CLUBE de Loulé Charity Sale, Sunday, November 21st. 9.30-12.00pm, Centro Comunitário, Alcantil. Good quality clothes, linen, bric-a-brac, books and shoes at bargain prices. Donated items always appreciated. Following Sale January 23rd - more information tel. 289416659.



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Charities

AYAMONTE ANIMAL Rescue Fund Raising Craft Fair & Car Boot Sale. Calico Park 0034 959053096.

The Nandi Animal Charity Christmas Fair is scheduled for 21 November, from 9am to 3pm at the Mercado do Levante (next to the bus station) in Lagos. On sale will be arts and crafts by Algarve artisans and vendors, clothes, jewellery, household items and more! Enjoy delicious pastries at the Nandi Café. It's the perfect place to find special Christmas gifts. Mark your calendar and come join us! All proceeds will help the animals of the western Algarve.



CAR BOOT Sale held every 3rd Sunday of the month at Restaurant 'Quinta dos Areões', adjacent to the Veterinary Clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 919886955 or contact us on our website www.roscofoundation.org for more information.

CHARITY SHOP, Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

WANTED: The Donkey Sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, come and bring clothing, bric-a-brac, books. Open Wednesdays, 2.30-4.30 and Saturdays 10.30-12.30. Phone 917872559/ 913617991 for further details. Volunteers needed so we can open more frequently.

CHARITY BOOK Sale & Coffee Morning. 2,000 nearly new paperbacks at 70c. each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10am to 12 noon, in the Village Hall, Monte da Palhaqueira, Górgões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

For more details, tel. David - 968290627 or Mal - 962111516

ALBUFEIRA ABA Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10h30 until 2pm (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriageway. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY Shops. Cerro Grande, Albufeira, Tuesday to Saturday 10.30am to 2pm; Dunas do Alvor, Tuesday to Saturday 10.30am to 2pm and Sunday 10.30am to 1pm; Rua da Mesquita, Silves, Monday to Saturday 10am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

DO YOU have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

NEW CHARITY Shop opened in Guia, situated one way street 3 doors up from Restaurant Atlântico opposite carpark (3 mins from Algarve Shopping turn into Guia at Chicken Roundabout). Open 10h30 to 18h00 each day except Saturday (10h30 to 13h30), closed Sundays. Books, excellent quality new and nearly new clothes for men, women, children and babies, toys, puzzles, bric-a-brac, towels, bed linen and many more quality items.

ASSOCIATION BIANCA, a registered Portuguese charity that runs an animal shelter near Lisbon (see more on www.bianca.pt/english) invites you to its online charity shop: http://www.fazendoanimaisfelizes.blogspot.com/You can buy or you can donate. Either way, you are helping to feed 250 dogs and 50 cats.

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WRITING CIRCLE in Lagoa Library with Jenny Grainer starting on October 12th at 10.30 then every 1st Tuesday in the month Tel: 963 518 184 jennygrainer@sapo.pt

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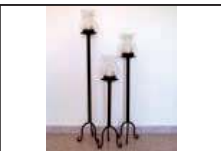
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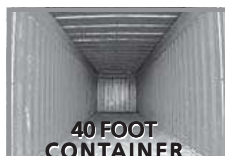
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Portugal outplay world champions

 **Brendan de Beer**

Olé was transformed into a Portuguese word on Wednesday evening as Portugal systematically outplayed Spain, the defending world and European champions. The 4-0 thrashing, while nowhere near to nullifying the 1-0 defeat Portugal suffered against Spain in the knockout stages of the World Cup, has definitely served to rekindle confidence in a team which had followed its World Cup exit with defeat to Norway and an embarrassing 4-4 draw against Cyprus.

Spain endured their worst defeat in 68 years at the hands of their Iberian neighbours and co-bidders for the 2018 World Cup as Portugal produced one of its best and most memorable performances in recent memory.

Despite the score line, Portugal will feel that the damage inflicted on the world champions could have been far more comprehensive. Yet another goal-line howler by the assistant referee denied Cristiano Ronaldo what would have been an opening goal worthy of circulating on YouTube, as Nani was adjudged offside after heading the ball in celebratory fashion further into the goal after his former Manchester United teammate had 'scored'.

To add insult to injury, Barcelona's Piqué somehow managed to deny Benfica midfielder Carlos Martins a few minutes later after he managed to get his head between a powerful shot and the vacant goal.

In the end, the Spanish resistance and refereeing mistakes could not stop Carlos Martins' second attempt shortly before the interval as he ended a sweeping move by volleying past a stranded Iker Casillas.

The onslaught continued three minutes after the restart, as Helder Postiga, who, just as was the case with Carlos Martins, did



Portuguese players João Pereira (L), João Moutinho (C) and Helder Postiga (R) celebrate their team's second goal against Spain during their friendly match at Luz Stadium in Lisbon on 17 November. (Photo: Lusa / António Cotrim)

not feature in last summer's World Cup, doubled Portugal's lead. The Sporting striker scored another 20 minutes later to definitively seal his team's dominance.

Spain's misery was compounded when their tormentor in South Africa, Hugo Almeida, scored on the counter attack, coolly slotting past World Cup-winning captain Casillas.

The result is the third consecutive victory for manager Paulo Bento, but is unfortunately a long way off from their next competitive match against Norway (4 June) though hopefully this rejuvenated Portugal team can maintain the momentum for that crucial Euro 2012 qualifier.

Olhanense triumph after away loss

 **Christopher Wright**

Olhanense were in devastating form as they put paid to Oliveirense's chances of creating a cup shock.

Second Division Oliveirense were soundly beaten 4-1 in front of 2,314 fans, the largest crowd in the BWIN League Cup this season.

The visitors arrived in Olhão with a 1-0 lead from the first leg. But a brace of goals from the diminutive Lulinha, on loan from Brazilian team Corinthians, plus one each from Ismail and Rui Duarte gave the home side a comfortable win.

Centre-forward Adilson, playing in an unusual wide role, along with Lulinha were the stars of the show. Ismail opened the goal account ten minutes before half-time and Lulinha added a second just before the break.

Oliveirense reduced the arrears on the hour through Rui Lima and for a short period looked as if they might trouble their hosts. But within six minutes Olhanense had the game wrapped up when firstly Rui Duarte converted a penalty, after Adilson was felled in the box, and then

Lulinha smashed home his second goal. This 2-2 aggregate win gives the Algarve side a place in the last sixteen.

The top eight teams in the league last season - Benfica, Sporting Braga, FC Porto, Sporting, Marítimo, V. Guimarães, Nacional and Naval - now join Olhanense, Estoril, Penafiel, Aves, Arouca, Paços de Ferreira and the winners of Beira-Mar/Fátima and Leiria/Gil Vicente. The next stage will be four leagues of four teams with fifteen teams hoping to avoid runaway league leaders FC Porto.

Meanwhile, Olhanense drew 1-1 with Beira-Mar and this result leaves both teams in mid-table with 15 points.

With Carlos Fernandes and Adilson picking up injuries Manager Dauto Faquirá will be forced to make several changes for the 4th round of the Portugal Cup when Olhanense entertain fellow Premier Liga side Nacional (Madeira) on Sunday at the José Arcanjo Stadium, Olhão (behind McDonalds on the EN125). Kick-off is at 3.00pm and tickets can be purchased on the day.

Portugal looks to legalise horse racing

Portugal's Ministry for Agriculture this week said it was working with the appropriate Governmental bodies, for economy and tourism, to study the possibility of legalising horse racing in this country.

Agriculture Minister António Serrano, who this week confirmed a partnering-protocol between Portugal and Brazil to preserve and promote the Lusitanian horse, said he would "like to do something" about betting and said he was "looking again" at the matter and is seeking to associate it to a tourism component.

He recalled that "there have been previous initiatives" that fell through, in part because of

the monopoly Portugal's Santa Casa da Misericórdia and casinos have on gambling, but the Minister said it was too "early" to give any details about the subject, highlighting, however, that whatever is done must be "self-sustainable".

Those in the industry have for years defended the importance of legalising horse racing, stressing the economic importance of the activity, regarding the revenue that it generates namely in tax, as well as creating jobs.

António Serrano agreed that Portugal could make horse betting "a highly significant economic activity", not only by introducing betting but also encouraging the realms of research, education and training.

Benfica cup tie falls foul of NATO Summit

The Portuguese Cup (the equivalent of the FA Cup) 4th round tie between Benfica and Sporting Braga scheduled for this Saturday has been postponed.

The National Directorate of the PSP sent a fax to the Portuguese Football Association on Friday 12 November stating that they could not police the game.

The match, due to be televised on Sport TV1, has been re-scheduled for the 12 December because of the NATO Summit in Lisbon. Portugal has confirmed that it is taking no risks when the world's most influential leaders gather for

the summit.

The Ministry for Internal Affairs said that the game between last season's league champions and the runners-up was "high risk", which required "the use of a very substantial number of police officers," and emphasised that the "severe restrictions and road closures would undoubtedly cause problems for supporters trying to reach Benfica's Stadium of Light".



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